INCEPTION SURPASSES
BEST FILM OF YEAR, SAYS REVIEWER {page 21}

WORTH HER SALT
ANGELINA JOLIE BECOMES SPY ON THE RUN {page 19}

BIEBER
POP STAR TO FACE SHAQ
DANCE-OFF {page 34}

Is your CPAP Mask uncomfortable and keeping you or a loved one awake at night?

We have great news for you!

Sleep Therapy Management

SEE PAGE 9 FOR DETAILS

OTTAWA metro®
Weekend, July 16-18, 2010
www.metronews.ca
Share this copy with a friend

Waiting game as BP caps well

Leak biggest offshore oil spill in U.S. history, one of country's worst environmental disasters U.S. President Obama cautions: 'We're still in the testing phase'

PATRICK SEMANSKY/THE ASSOCIATED PRESS

▶ A commercial fishing vessel assisting in the containment of oil leaking from the Deepwater Horizon oil wellhead sails towards the site of the leak on the Gulf of Mexico near the coast of Louisiana on Thursday.

BP finally choked off the flow of oil into the Gulf of Mexico on Thursday — 85 days and up to 697 million litres after the crisis unfolded — then began a tense 48 hours of watching to see whether the capped-off well would hold or blow a new leak.

To the relief of millions of people along the Gulf Coast, the big, billowing brown cloud of crude at the bottom of the sea disappeared from the underwater video feed for the first time since the disaster began in April, as BP closed the last of three openings in the 75-ton cap lowered onto the well earlier this week.

But the company stopped far short of declaring victory. The biggest risk: Pressure from the oil trapped under the cap could fracture the well and make the leak even worse, causing oil to spill from other spots on the sea floor.

THE ASSOCIATED PRESS

News

Search for couple botched?

Mounties face tough questions on how they handled disappearance Tipsters left before police could get more details {page 10}

5 minutes with Michael Kaminer

Writer reveals more on Ottawa's 'creative energy' {page 17}

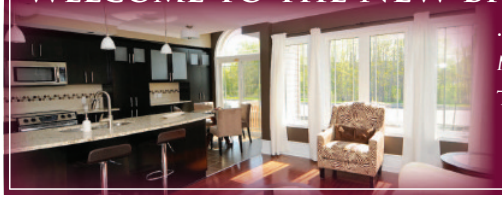
What's next for Taylor Swift?

Singer hosting a live chat show with fans {page 24}

Degrassi goes transgendered

Popular teen drama heads into uncharted territory {page 30}

WELCOME TO THE NEW BRADLEY ESTATES...



... WHERE TWO-STOREY AND BUNGALOW SINGLE FAMILY HOMES MEET SOPHISTICATED EXECUTIVE TOWNHOMES FOR THE FIRST TIME IN BRADLEY ESTATES!

VISIT OUR NEW SALES CENTRE AT 401 KEITH CRESCENT
613-830-6955

Valecraft Homes Ltd.
WWW.VALECRAFT.COM

Prices, terms and specifications are subject to change without notice. E. & O.E.

LOVE AT FIRST SIGHT MEETS LOVE AT FIRST TASTE.

Introducing Unity, the new Jackson Triggs. Over the next few months you're going to notice a difference in the look of our bottles. It's more than the union of a bold new label with a difference you can taste. It's more than the celebration of blending premium wines from here and around the world. It's about coming together, period.

WIN A VIP WINERY EXPERIENCE
Scan with your phone for your chance to win.
And Like us on facebook for a free wine tasting.
Need a QR code reader? Please go to SKUyou.com on your mobile phone to download the application.

Please drink responsibly. **www.jacksontriggswinery.com**

Mayoral candidate looks to present ethical alternative for Ottawa voters

If there was someone running for mayor that Charlie Taylor believed in, he would happily back them.

But he doesn't trust the politics and motivations of the leading candidates, so he's running himself.

"I'm not in it for the position or the power," said Taylor. "I'm in it because there are problems in the city that need to be addressed and Ottawa needs to have someone who is not beholden to corporations or developers and unions."

Taylor wants to be an advocate of sustainability in all fields — economic, environmental and social.

If a policy is not sustainable indefinitely, another solution must be found, he said. Despite reservations over the cost of the downtown tunnel, Taylor is in favour of the current rapid transit plan, he said, because the city needs light rail as soon as possible and it cannot afford to go back to the drawing board.

Taylor is also opposed to the universal bus pass for students, because he believes students who walk and cycle should not have to subsidize students who take the bus.

TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA

▶ Mayoral candidate Charlie Taylor believes he can be an ethical alternative to the mainstream candidates.

Soup kitchen sends urgent food plea

Summertime supply shrunk so quickly that shelter was caught off guard Soup kitchen had to purchase pasta on Wednesday to cover the meal

TIM WIECLAWSKI
@METRONEWS.CA

For the first time in nearly 20 years, there was no soup being served at the Shepherds of Good Hope Soup Kitchen on Thursday.

They just didn't have enough supplies, and are asking Ottawa residents to help.

"We're struggling right now," said spokesman Rob Eady. "We know that the community of Ottawa is very generous and we hope they can come through and get us through the rest of the summer."

Eady said they would accept any food donations, but perishable items would have to be dropped off shortly after being purchased.

How to help

Faced with empty cupboards, shelves and storerooms, the Shepherds of Good Hope has put out an urgent request for donations.

- **Donations** Food and cash donations can be made at the Shepherds of Good Hope main building at 233 Murray St. or by calling 613-789-8210.
- **Candidate's office** Mayoral candidate Jim Watson's campaign office at 1355 Richmond Rd. is also accepting food and money for the shelter.

400 The number of people served each day by the Shepherds of Good Hope.

TIM WIECLAWSKI

▶ The Shepherds of Good Hope storage room normally has stacks of food at this time in the summer, said spokesman Rob Eady.

Swim to help charity

More than 150 swimmers will be taking to the Ottawa River on Saturday for the fourth annual Bring on the Bay three-kilometre open water swim for Easter Seals.

The course will take swimmers from the Nepean Sailing Club out to the middle of the river and then to the Britannia Yacht Club.

Competitive swimmers will cover the distance in 40 minutes, said organizer Richard Pessah, but many others are just going out to enjoy a fully supported swim in the Ottawa River.

"We've got water patrol. There are kayaks. The marine police will be out there. St. John's Ambulance is on stand by, but we've never had any mishaps at all," said Pessah.

TIM WIECLAWSKI

$15K Amount raised for Easter Seals through the event this year.

News in brief

City hall hosts free forum

GOVERNMENT. On Saturday, city hall is hosting a free forum, called ChangeCamp, to discuss new technologies to improve how people interact with government. The focus will be on open data.

TIM WIECLAWSKI

Nobel nom gets doctorate

CARLETON. Dr. Sima Samar received an honorary doctorate from Carleton University yesterday.

Samar was a 2009 Nobel Peace Prize nominee for her work as chairwoman of the Independent Afghanistan Human Rights Commission.

TIM WIECLAWSKI

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

A Quebec man literally sitting on a gold mine refuses to leave. Video at metronews.ca/canada

Canadian troops hand control of Kandahar city over to the U.S. Video at metronews.ca/canada

Follow us on Twitter @metroottawa

Holocaust survivor's Auschwitz disco dance ignites online controversy. Scan code for story.

BELLO for MAYOR
Fewer Words, More Action!
Please visit: www.cesarbello.ca

100,000 more set to get the Blues

MARC DESROSIERS/FOR METRO OTTAWA

▶ Canadian artist Matthew Good played at Cisco Ottawa Bluesfest on Thursday night.

With an expected 350,000 guests over 12 days, this year's Bluesfest is shaping up to be the biggest yet

TRACEY TONG
@METRONEWS.CA

With only three days left to take in one of the biggest music festivals in North America, Lebreton Flats Park will be packed through the weekend, with an estimated 100,000 people on festival grounds.

According to Ottawa Bluesfest executive director Mark Monahan, there's a slew of bands to make the crowds worthwhile.

"Friday night is shaping up to be a big night with Great Big Sea and Drake," he said. "And on Saturday, we're expecting a huge crowd for Keith Urban and Kevin Costner."

Weezer is the headliner on Sunday, but there's also a lot of interest in Jimmy Cliff, who's playing the Claridge Homes Stage, he said.

The biggest shows so far were for Santana and Iron Maiden, but The Flaming Lips put on "one of the most visually pleasing shows we've had," Monahan said.

"We've had almost everything from unbelievably hot and humid weather to flash storms, but things have gone well. We've had some great music."
MARK MONAHAN

SUBMITTED PHOTO

▶ City Chasers white water raft in downtown Ottawa.

The City Chase is on in Ottawa

This Saturday, hundreds of urban adventure racers will put their mettle to the test as the world's largest urban adventure series returns to Ottawa.

As part of City Chase, 400 teams of two will rely on their own two feet and public transportation to take on challenge after challenge across the city.

"They will likely do more in six hours than their friends and family will all summer," said event spokeswoman Lauren Habib.

15 The event, which is held in 15 countries around the world, is a fundraiser for the charity Right To Play.

"It's a scavenger hunt, but with physical, intellectual and adventure challenges," she said, likening it to the Amazing Race and Fear Factor.

Although this year's tasks are carefully guarded secrets, in past years, contestants rappelled from buildings, shot paint balls, ate raw oysters and took on professional fencers.

TRACEY TONG

The Tooth Doctor©
David J. Halpin, D.D.S.

Dental Implants
The Next Best Thing To The Real Thing!

Perhaps you hide your smile because of spaces from missing teeth. Perhaps you have difficulty chewing. Perhaps you have dentures that don't feel secure.

If you are missing one or more teeth and would like to smile, speak, and eat once again with comfort and confidence, we have good news for you. The science of dental implantology has progressed remarkably in recent years.

Today's dental implants are teeth that can look and feel just like your own natural teeth. They can be the next best thing for you if you are missing any of your teeth, providing increased confidence and self-esteem that can change a person's life.

Implants are "titanium roots" that integrate into the structure of your jawbone. **Dental implants can be used to replace a single lost tooth or many missing teeth.** They can also be used to anchor crowns, bridges, or dentures. **They look and feel so much like natural teeth, many patients may forget that they're not.**

In the majority of cases in which patients are missing teeth, dental implants can be the conservative treatment of choice. **They are often financially conservative as well.**

Dental implants can prevent the bone loss and gum recession that accompanies bridgework and dentures. What's more, implants don't sacrifice the quality of your adjacent teeth like a bridge might, because neighbouring teeth are not altered to support the implant. **This is a significant long-term benefit to your oral health.**

When teeth are lost, ongoing shrinkage of the jawbone occurs, making the face look older. Dental implants slow this process. Implant recipients return to and maintain a more youthful, natural looking appearance and smile. Moreover, you can eat most foods with confidence and without discomfort because dental implants restore your chewing efficiency.

Simply put, with dental implants you'll feel good about yourself again. You'll feel healthier, look better and speak clearly with complete confidence, enabling you to enjoy life to the fullest. **One of the nicest things about dental implants is that age does not make a difference.** If you are in good health, you may enjoy the benefits of implants. Dental implant restorations represent a worthwhile personal commitment to comfort, function and quality of life.

There's no need to suffer from tooth loss any longer. To discover how dental implants can improve your dentition, confidence and personal appearance, just call our office and arrange an appointment for a thorough examination.

Yours for better dental health,

Dr. David J. Halpin
B.Sc., D.D.S.

SMILES ON Sparks
AESTHETIC & GENERAL DENTISTRY

©HDW 1994 - 2010

CREATING CONFIDENCE... ONE SMILE AT A TIME!
134 SPARKS STREET • OTTAWA, ON • K1P 5B6
TEL: 613.563.2396 • FAX: 613.563.9503
www.smilesonsparks.com

DRAMA. SUSPENSE. COMEDY.
Visit metronews.ca to watch metrotube of the day

OTTAWA THEATRE SCHOOL
The Acting Conservatory Program

An intensive, full-time, highly individualized training program.
Find your creative voice and develop the skills for a career in acting.
Limited enrollment.
Call now for an audition
613 567-6788 or
www.ottawatheatreschool.com
A division of The Ottawa School of speech & drama

BDO
www.bdodebthelp.ca

Let BDO help you get on the road to financial stability
• Avoid bankruptcy
• Consolidate debt into one manageable monthly payment
• Stop interest
• Stop harassing calls from creditors
• Protect your home and car

Financial problems can happen to anyone. We will advise you about all of your options and find the right solution to alleviate your financial stress.

Serving Canadians since 1958

More people choose BDO than any other firm in Canada*
Free Consultation - Convenient, confidential appointments
The Elgar Building
200 Elgin St, Suite 903
613-235-5225
1-800-754-1579
BDO Canada Limited
*OSB Statistics
Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators

When it comes to health care, you deserve more.

Take advantage of these and other helpful services
AT ABSOLUTELY NO COST TO YOU.

FREE PRESCRIPTION CHECK-UP

Prescription Check-up is a complete medication review with a Shoppers Drug Mart Pharmacist to ensure you're getting the most from your prescriptions.

FREE ONE-ON-ONE COUNSELLING

Whether you have questions about over-the-counter medications or need personal one-on-one health advice, our Pharmacists are always here for you.

FREE EASY REFILL SERVICE

Refill your prescriptions easily - in person, online or by phone. PLUS, our Pharmacists can call your Doctor and have most prescriptions re-authorized to save you time.

FREE MED-ORGANIZER PACKS

Our Med-Organizer Packs are designed to help make it easier to manage regular medications and ensure they are taken properly. It's medication made simple for those taking 3 or more prescriptions.

FREE PRESCRIPTION DELIVERY

When you're unable to pick up your prescriptions, you can count on us to ensure your medications are delivered to your home. Simply speak to any member of our Pharmacy team.

Transferring your prescription is easy.
Call 1 800 SHOPPERs.

SHOPPERS DRUG MART

Your neighbourhood Pharmacy since 1962.

BILLINGS ESTATE

Nothing new about debate

The Billings Estate National Historic Site wants to show Ottawa residents that our seemingly never-ending election issues, such as transit troubles and water woes, are as much of a tradition in the city's history as civic elections themselves.

At 8 p.m. Friday, Billings Estate will host a mock mayoral debate which will offer a glimpse into the juicy history of the city's municipal government.

The debate is part of the Battle of the Ballot: the Civic Election Story exhibit.

MJ DESCHAMPS

Prostitution sweep

Police arrested 14 people, including 12 men and two women, following a prostitution sweep in Centretown earlier this week.

Police laid 16 charges, including communicating for the purpose of prostitution, drug possession, and mischief, against six people.

TRACEY TONG

Getting into the swing of all things Turkish

TRACEY TONG/METRO OTTAWA

▶ A dancer performs at last year's Ottawa Turkish Festival.

Rapper Evren Ozdemir and Turkish-Canadian singer Murat Toy to headline the Ottawa Turkish Festival

TRACEY. TONG
@METRONEWS.CA

The Ottawa Turkish Festival gets into full swing next weekend, but people can whet their appetites for all things Turkish starting this weekend.

Documentary screenings at the Ottawa Public Library, cuisine demonstrations, a flag raising ceremony and various language classes at the Turkish Cultural Centre start as soon as this Saturday as part of the Ottawa Turkish Festival, which puts on its main event next weekend, July 24 and 25.

Held at Confederation Park, the festival features Youth Folk Dance and Music Ensemble of the Ministry of Culture and Tourism from the Republic of Turkey, who will be performing the Whirling Dervish and numerous other dances.

Art enthusiasts can watch everything from ceramic, Ebru (water marbling), calligraphy and henna demonstrations.

Turkish cuisine offerings include kababs, donairs, gözleme, baklava and Turkish delight.

MARGARITAS WITH MOJO

PITCHER SIZED RECIPE

STRAWBERRY MARGARITA

1. To a blender add 1 1/2 cups Sauza Gold Tequila, 1/4 cup chopped fresh strawberries, 2 cups lime juice and 2 cups simple syrup.
2. Blend and pour into glasses, or into a pitcher for serving.
3. Garnish each cocktail with a strawberry slice.

Makes approx. 12 servings.

SAUZA GOLD TEQUILA

$29.95 750 mL 27235

DISCOVER LCBO THE WORLD

PLEASE DRINK RESPONSIBLY.

Prices subject to change without notice.

Spread the Feeling

July 17th at ByWard Market.

Kraft Peanut Butter invites you to *Spread the Feeling* on July 17th at ByWard Market. For every person who hugs one of the *Kraft* Peanut Butter bears we will donate a 500g jar of peanut butter to a local food bank. Help us get to our goal of 7,500 jars. You can also *Spread the Feeling* at spreadthefeeling.ca, where we will donate a jar of peanut butter for every virtual bear hug you send a friend. Together, let's see how far we can spread this thing.

Appeal denied in case of online luring

TORSTAR NEWS SERVICE

The country's top court has upheld the conviction of an Edmonton man charged with luring a 13-year-old boy on the Internet.

In a unanimous 9-0 ruling released Thursday, the Supreme Court of Canada dismissed Michell Rayal Levigne's appeal.

Writing for the court, Justice Morris J. Fish said that under the law Levigne is presumed to have believed that a police officer who baited him on the Internet was a 13-year-old boy calling himself Jessy G.

Fish said Levigne did not take the "reasonable steps" required by law to determine whether the person he was communicating with was in fact 13 before arranging a sexual liaison.

"The 'reasonable steps' invoked by the accused were in fact neither 'reasonable' nor 'steps to ascertain the age' of (the other party)."
JUSTICE MORRIS J. FISH

"The accused's convictions must be upheld," Fish wrote. **THE CANADIAN PRESS**

CULTURAL CURRENCY

Prepping for penny-free life

Is Canada facing a penniless future?

It appears so.

While Finance Minister Jim Flaherty has openly mused about the end of the one-cent coin, documents reveal that officials from his department have been in active discussions with the Royal Canadian Mint to prepare for the day when the penny finally drops.

They've talked to officials in both Australia and New Zealand — two countries that have axed the one-cent coins — to learn about their experience in a penny-free society.

They considered how the end of the penny would affect cash purchases.

And they've mused about plans to convince Canadians to part with the stock of 30 billion pennies produced since 1908. **TORSTAR NEWS SERVICE**

RYAN REMIORZ/THE CANADIAN PRESS

▶ Pamela Anderson displaying her new ad for People for the Ethical Treatment of Animals.

Pam no fan of the Calgary Stampede

Anderson also uses public forum to launch new ad campaign ◗ Saucy ads encourage vegetarianism ◗ Ad's images deemed 'sexist' by some

Pamela Anderson didn't do any dancing around when she was asked Thursday what she thought of the death of a fifth horse at the Calgary Stampede's chuckwagon races.

"I think this is very cruel," the former Dancing With the Stars contestant said of the race, which is one of the main attractions at the Calgary event now underway.

"I'm not a fan. I never have been."

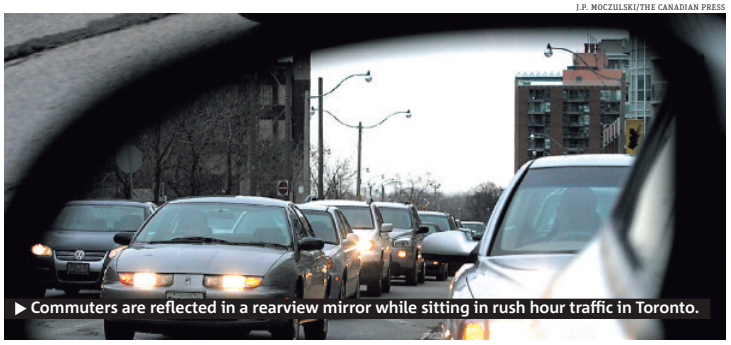
So far this year, horses have died from heart attacks, been euthanized after a shoulder injury and one broke its back from bucking too hard at the Stampede. A rider has also been seriously injured.

Anderson, who gained fame as lifeguard C.J. Parker in TV's Baywatch in the 1990s, is an outspoken animal-rights activist who says she has cared about critters since she was a child. **THE CANADIAN PRESS**

All about Pam

- Anderson is set to perform at the Montreal Just For Laughs comedy festival.
- She said she was excited about it, after hosting Saturday Night Live in 1997.
- She took time Thursday to promote the performance.

J.P. MOCZULSKI/THE CANADIAN PRESS



▶ Commuters are reflected in a rearview mirror while sitting in rush hour traffic in Toronto.

Auto insurance rates set to fall

Insurance Brokers Association of Ontario says most of province's drivers will soon see costs come down

After three consecutive years of increases, basic auto insurance rates will soon fall for some Ontario drivers — but not enough to compensate for the increases of previous years.

The provincial regulator announced Thursday that rates in the province will decrease an average of one per cent starting this September.

The change will affect motorists who are taking out new policies or renewing their current ones. Costs will depend on where consumers live, the type of car they drive and other risk factors.

The last time rates fell in the province was four years ago. Since then, prices have increased each year. Last year was the largest average jump at 8.77 per cent.

The price decreases announced Thursday will range anywhere from 0.01 per cent to more than eight per cent, depending on the insurance company. Customers of some companies will see no change at all.

Government changes implemented late last year are stabilizing the market and driving down rates, said a spokesman for the Ministry of Finance. "This is early evidence that some of that stabilization is coming into effect," said Andrew Chornenky.

Those changes give consumers lower minimum coverage, and let them opt-in to higher coverage if they want it.

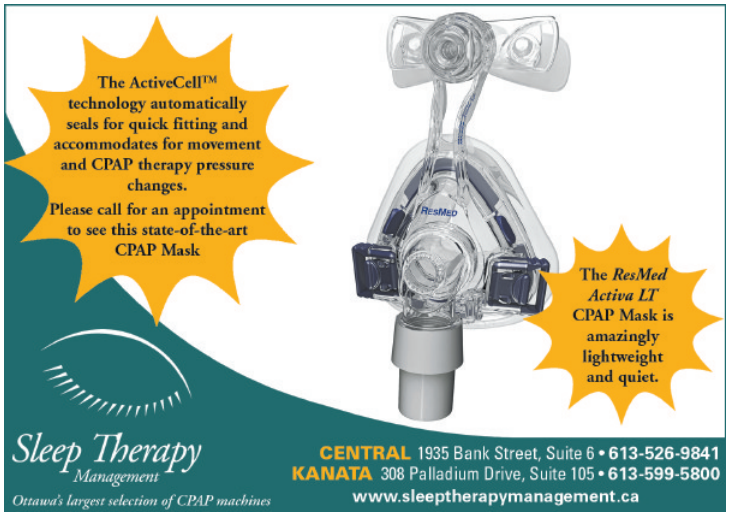
Drivers can choose whether they want to shore up their basic amounts with options like medical rehabilitation, home care, housekeeping or funeral costs after a crash.

THE CANADIAN PRESS

Upward trend

The provincial government has been under fire in recent months over auto insurance rates.

- Last year the Financial Services Commission of Ontario, which approves all auto insurance rate changes, allowed two insurance companies to increase their rates by nearly 10 per cent.
- Last September, the average Ontario driver was paying $1,362.11 a year on insurance, up 3.6 per cent from the same time period in 2008, according to numbers released by the Insurance Bureau of Canada.



*Before taxes. Values are based on our per mL and/or g price for regular-sized products. Offer good while supplies last. Quantities are limited. One gift to a customer, please. Selection will vary by store. Savings are off our regular prices, unless otherwise specified. Everyday Bay Value, just-reduced, Power Buys, Manager's Specials, licensed departments, Salviati, Vera Wang and Hbc Foundation charity merchandise are excluded. When you see "POWER BUY" or "Manager's Special" you will know we have found an exceptional deal to pass on to you. We may tell you the COMPARABLE VALUE on the price ticket and/or a sign, so you will see the price another retailer in Canada charges or would likely charge for the same or a comparable value item. Quantities of our Power Buys and Manager's Specials and items located in any "Style Outlet" in-store departments are limited and may vary from store to store – no rain checks or substitutions. When we say "PRICE CUT", we mean the existing everyday price is being lowered temporarily. See in-store for details.

NEED SOME WATERCOOLER TALK?

Visit metronews.ca to watch metrotube of the day

RCMP under fire for handling of search

Ex-Mountie blames green recruits, staff shortages and information hoarding for investigative miscues

Canada's national police force has so far botched its investigation of what happened to a missing Alberta couple, a law-enforcement expert and former Mountie charged Thursday as authorities in northern B.C. joined the search for Lyle and Marie McCann.

"It has been a banquet of mistakes, of laziness, of unprofessional conduct — and two lives are in the balance here," said Bill Pitt, an Edmonton-based criminologist, law enforcement instructor and former Mountie.

Mounties in British Columbia and Alberta are pursuing leads in both provinces as they probe the disappearance of the 78-year-old former truck driver and his 77-year-old wife.

They left on vacation in their motorhome from their house in St. Albert, on Edmonton's northern outskirts, on July 3 and haven't been seen since.

Mounties in Prince George, B.C., have confirmed they're chasing tips that the couple's green SUV has been spotted in the community.

Gary Godwin, the RCMP spokesman in Prince George, said a couple came in Tuesday to report seeing the vehicle, but were allowed to leave the detachment before they could be questioned further.

On Thursday evening the Prince George detachment posted a brief statement on its website saying the couple had returned for a more in-depth interview.

THE CANADIAN PRESS

Off to a late start

- Two days after the McCanns left their home, their motorhome was found ablaze in a remote bush area near the campground where the motorhome had last been seen intact. Their SUV was gone.
- Police didn't begin looking for the couple until five days later, on July 10, after their daughter reported they didn't show up in Abbotsford as planned.

THE CANADIAN PRESS/RCMP

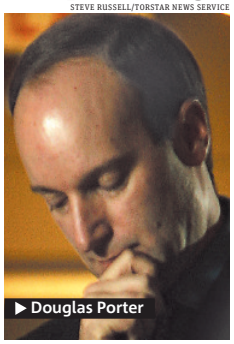
▶ Lyle and Marie Ann McCann, missing since July 3, are pictured in this undated photo.

MITSUBISHI MOTORS
Drive@earth
Rallye
#1 VOLUME MITSUBISHI DEALER IN OTTAWA/GATINEAU.
NEW MITSUBISHI RETAIL SALES IN 2009.
GET MORE FOR YOUR TRADE
ALL MAKES & MODELS ACCEPTED
TRADE FROM $ 500 TO $ 5,000 MINIMUM $ 500 MORE
TRADE FROM $ 5,000 TO $ 10,000 MINIMUM $ 750 MORE
TRADE FROM $ 10,000 TO $ 40,000 MINIMUM $ 1,000 MORE
COUPON MUST BE PRESENTED BEFORE TRADE EVALUATION
2011 ECLIPSE
RALLYEMITSUBISHI.CA / ECLIPSE
MITSUBISHI MOTORS ADRENALIN DAYS
WELL EQUIPPED FROM $24,498*
PURCHASE PRICE $26,098
*New MSRP for 2010 Eclipse GS. Purchase price includes Freight and PDE.
WELL EQUIPPED FOR ONLY $178†/ BI-WEEKLY TAXES INCLUDED
$0 DOWN PAYMENT
†84 months term at 2.8% APR, $0 down payment, including Freight, PDE & all Taxes. OAC.
0% PURCHASE FINANCING FOR UP TO 60 MONTHS
NO PAYMENTS FOR 90 DAYS
10 YEAR 160,000 km POWERTRAIN LTD WARRANTY
BEST BACKED CARS IN THE WORLD
RALLYE MITSUBISHI • 1185 BOUL. LA VÉRENDRYE WEST • GATINEAU • RALLYEMITSUBISHI.CA • 819.568.9999
EDUCATION EDGE $500 REBATE
Smart customers always read the fine print. For all purchase financing offers, customers must sign contract and take delivery by July 31, 2010. *Options, Freight, PDE, Taxes and Registration extra. †Freight, PDE & taxes included, registration extra, at 2.8% for 84 month, OAC. 0% purchase financing is available through Bank of Nova Scotia and Bank of Montreal for up to 60 months on 2011 Eclipse. Financing example: $15,000 financed at 0% APR for 60 months, monthly payment is $250; cost of borrowing is $0; and total obligation is $15,000. All offers on approved credit. Regular maintenance not included. See Rallye or mitsubishi-motors.ca for warranty terms, restrictions and details. Photos for illustration purposes only. ** Best backed claim does not cover Lancer Evolution and Ralliart models. See Rallye or Mitsubishi-motors.ca for Education Edge terms, conditions, and other details. © MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license.

Experts predict housing slump will get worse

Sales have dropped 13 per cent since first quarter of 2010 Interest rates expected to go to 0.75 per cent

STEVE RUSSELL/TORSTAR NEWS SERVICE



Douglas Porter

Canada's housing market continued to slide in June in a trend that economists expect will be accelerated by an anticipated interest-rate hike by the Bank of Canada next week.

Seasonally adjusted home sales fell 8.2 per cent in June from May levels, according to statistics released Thursday by the Canadian Real Estate Association.

"With interest rates on the rise, housing affordability and home sales activity are expected to continue to erode over the second half of 2010," Gregory Klump, the Canadian Real Estate Association's chief economist, said in the report.

Home sales are now down 25 per cent from the peaks reached at the end of last year, said Bank of Montreal deputy chief economist Douglas Porter, who added that the sector is now firmly in buyer's-market terrain.

Housing sales were front-end loaded in the early months of 2010 ahead of higher interest rates and the new harmonized sales tax in the hot markets of British Columbia and Ontario, but "are now in rapid reverse," Porter wrote in a note Thursday.

Economists have largely been predicting a slowdown in the housing market in the second half of the year as many buyers hurried to close in late 2009 and in the first half of this year, so as to take advantage of record-low interest rates.

THE CANADIAN PRESS

10 BYWARD MARKET, OTTAWA 613.562.0700

PHILLIP Van Leeuwen

wicked deal of the week from July 16 to 23

Stackable indoor/outdoor
Ribbon Designer Chair
by RON ARAD (1999) – in black or white

$69

Quantities are limited
Phone orders not accepted

www.ArtofFurniture.ca

All Patio On Sale!

Friday, July 16th to Thursday, July 22nd

50% OFF
All other patio furniture & patio accessories
Excludes items with 95¢ price endings.

15% OFF
All casual & formal dinnerware
Off our regular prices. Excludes Maxwell & Williams and Villeroy & Boch. Cannot be combined with any other offer.

30% OFF*
All stemware & giftware
Off our regular prices.

Visit us online for amazing offers in our Home Sale Flyer: thebay.com/homeflyer

Look for our **exclusive online offer:**

$20 OFF COUPON

for additional savings on bath, bedding, housewares, dinnerware & more!

With every purchase of $100 or more (before taxes). See online for details.

thebay.com

the Bay

Selection will vary by store. While quantities last. Savings are off our regular prices, unless otherwise specified. See in-store for details.

*Excludes Mikasa, Lauren by Ralph Lauren, Calvin Klein, Villeroy & Boch, Maxwell & Williams, Kate Spade, Denby, Sophie Conran, Schott Zwiesel & Lladró.

TAKEN BY HER AUNTS

Abducted girl, 7, can't read

Phoenix police say a Romanian-speaking seven-year-old girl abducted by three aunts from her foster parents as an infant in California has never been in school and can't read.

Phoenix police spokesman Sgt. Trent Crump said Thursday that the girl was apparently living with acquaintances of the aunts in Phoenix when she was found. The girl spoke English and some Romanian.

A Los Angeles sheriff's captain confirmed the girl's identity as Amber Nicklas, who was abducted when she was one. Authorities flew her back to the L.A. suburb of Norwalk after she was found Wednesday.

She was taken to the Los Angeles County Department of Children and Family Services.

THE ASSOCIATED PRESS

Cop faces 'real threat' says lawyer

A Phoenix police officer could be fired if he doesn't enforce Arizona's new state immigration law he has sued to block, an attorney told a federal judge Thursday in the first major hearing in one of seven challenges to the strict crackdown.

His attorney says he faces a "real threat."

THE ASSOCIATED PRESS

Good start to life as a couple

One groom gave his bride-to-be a perfect token of his love: a $250,000-winning lottery ticket.

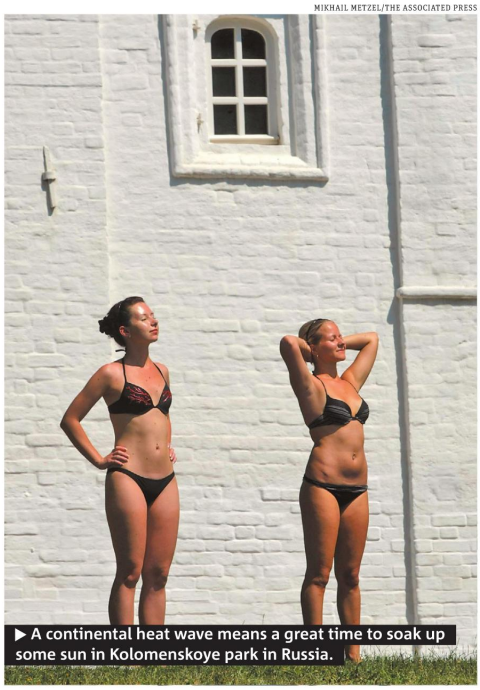
Robert Russell surprised his betrothed, 30-year-old Tracie Rogers, with the early wedding gift. The scratch card surprised them both with its bounty.

They plan to use the winnings to buy a house.

THE ASSOCIATED PRESS

Time to break out the bikinis in Moscow

MIKHAIL METZEL/THE ASSOCIATED PRESS



▶ A continental heat wave means a great time to soak up some sun in Kolomenskoye park in Russia.

▶ Heat wave causing massive drought in Russia ▶ Crops destroyed

It's so hot that women in bikinis are sunbathing in Moscow.

A heat wave across much of Europe is also causing crops to wither, forest fires to ignite and roads to melt, while refrigerators and fans are buckling in the searing sun.

From Russia's Urals mountains to western Germany, a week of temperatures hovering stubbornly in the mid-30s Celsius has baked northern parts of Europe, which are usually spared the heat of the Mediterranean — and forecasters are warning of more to come next week.

People were finding ways to beat the heat. There was the rare sight of women in bikinis sunbathing Thursday in Kolomenskoye park in Moscow, while other people tried to cool off by soaking themselves in fountains and playing in water jets in the Russian capital, Belarus and other parts of Europe.

THE ASSOCIATED PRESS

Hot all around

The heat also took its toll in Estonia:

- Several churches were used as heat shelters, particularly for the elderly.
- A major grocery store in the capital, Tallinn, reported that all of its refrigerators had succumbed to the heat.
- Local municipalities closed public woodland areas in order to lower the risk of fire.
- **They're not alone** Stores in Finland, Germany and Hungary were running out of fans and air conditioners.

SERGEI GRITS/THE ASSOCIATED PRESS

▶ Take that! Youths lash out with pillows in Minsk, Belarus.

Feathers fly in crackdown on pillow fighters

◐ Club-wielding officers move in as 400 youths take part in a bit of fun ◐ An iconic battle remembered

In Belarus, an authoritarian, former Soviet nation, even a pillow fight can be seen as a threat to security.

On Thursday, club-wielding police dispersed about 400 pillow-wielding youths who gathered in Minsk, the capital.

The youths were humorously commemorating the anniversary of the Battle of Grunwald.

That battle stopped an invasion of German Catholic crusaders in Eastern Europe 600 years ago.

The Battle of Grunwald was one of the largest battles in medieval Europe and is regarded as the most important victory in the history of Poland and Lithuania. It has been surrounded by romantic legends and nationalistic propaganda.

Some 50 of the youths were detained.

Authorities often crack down on rallies and protests in Belarus, a country regarded by many as medieval in its suppression of opposition and independent media.

The U.S. and some European countries have dubbed Belarusian President Alexander Lukashenko as "Europe's last dictator."

Officials refused to comment on the detentions.

THE ASSOCIATED PRESS

WORLD CUP ORACLE

Zoo seeks Paul the octopus

The Madrid Zoo says it has made an offer to buy the World Cup hero, Paul the octopus.

Paul became a sensation by correctly predicting the outcome of as many World Cup matches as he has arms — all seven of Germany's games plus the Spain-Netherlands final.

The zoo said it made the offer after receiving hundreds of requests from Spaniards for Paul's transfer from a German aquarium after Spain won the World Cup on Sunday.

Zoo spokesperson Amparo Fernandez said an unspecified amount of cash was offered for the purchase of Paul.

"We hope that within the next few days we will be able to confirm news that the admirable Paul will be part of the club of the most loved and charismatic animals of the Madrid Zoo," the zoo said.

THE ASSOCIATED PRESS

Canwest earning ... finally

Canwest Global Communications Corp. says it earned $16 million in the third quarter.

Its net income per share was nine cents — a big contrast to the loss of 62 cents per share reported for the last third quarter.

It was one of its last financial reports before its TV and print businesses are transferred to new owners.

THE CANADIAN PRESS

GREAT DEALS

SAMSUNG

THREE DAYS ONLY!
FRIDAY, JULY 16 TO SUNDAY, JULY 18, 2010
while quantities last

$400 off
2499.99
FULL HD 3D
SAMSUNG® 46" 1080p 3D LED 240 Hz FULL HDTV (#UN46C7000), 3D Blu-ray® DISC PLAYER (#BD-C6900) & 3D KIT
#60605E. Sears reg. 2899.99.
578 460 605 5760605
Also on sale:
40". #60604E. Sears reg. 2499.99. 1999.99
55". #60606E. Sears reg. 3699.99. 3199.99

3D KIT INCLUDES:
Monsters vs. Aliens Movie and 2 pairs of 3D glasses

CAN'T BE BEAT
479.88
32" LCD 720p
SAMSUNG 32" LCD HDTV
2 HDMI® inputs. #LN32C350.
578 460 503 5760503

CAN'T BE BEAT
629.88
42" plasma 720p
SAMSUNG 42" PLASMA HDTV
2 HDMI inputs. #PN42C430.
Also available:
50". #PN50C430. #60621. 779.98
R5784 NE072P110 5760620

$200 off
899.99
40" LCD 1080p 120 hz
SAMSUNG 40" LCD FULL HDTV
4 HDMI inputs.
#LN40C610.
Sears reg. 1099.99.
578 460 530 5760530
Look for the ENERGY STAR® logo. It shows that the product meets ENERGY STAR specifications for energy efficiency.

DON'T FORGET
HDMI Cables for your 3D TV
Monster 1M HDMI cable.
#35275. Sears reg. 149.99. 129.99
Monster 2M HDMI cable.
#35276. Sears reg. 169.99. 149.99

PROTECT
while saving energy
Monster Green Power Center
#35201. Sears reg. 169.99.
149.99

CLEAN & PROTECT
TV screens without scatching
Monster Screen cleaning kit.
#35422. Sears reg. 24.99.
22.49

$100 off
249.99
SAMSUNG ST5000 DIGITAL CAMERA
14 MP. 3.5" touch LCD. 7X optical zoom.
Sears reg. 349.99
578 410 080
5710080

$120 off
429.99
SAMSUNG H203 CAMCORDER
SD card slot. 2.7" LCD.
20X optical zoom. Full HD 1080p.
Sears reg. 549.99.
578 431 019
5731019

Shop online sears.ca Shop by phone 1-800-267-3277
CAN'T BE BEAT
We shop our competition every day to ensure we have the best prices
Visit in store for our current prices
Sears
NE072P110 © 2010. Sears Canada Inc.

Yak Take Ten!
Save $150.

Act now
Offer ends July 31, 2010

Yak Pak + WIND™ Mobile†
Home Phone
High Speed Internet
Long Distance
WIND™ Mobile

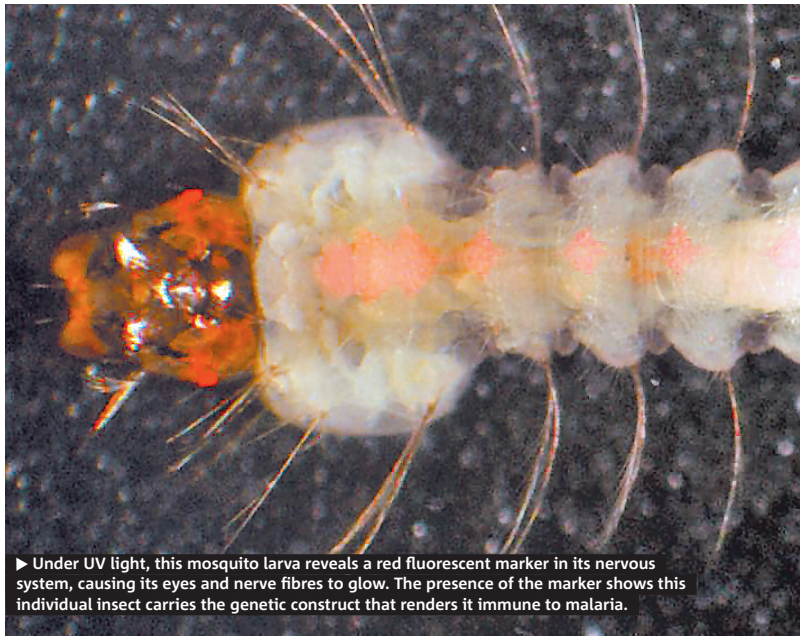
ONLY
$76.90/MONTH¹
REGULAR $86.90/MONTH
Contract-free!*

HOME PHONE · LONG DISTANCE · HIGH SPEED INTERNET · MOBILE · YAK PAKS

yak
the way you connect

Over 10 years of Canadian Customer Service 1-866-888-6687 yak.ca

† No Yak purchase required. WIND™ Mobile products, services and promotional offers available from Globalive Wireless Management Corp. For terms of service, visit www.WINDmobile.ca.
¹ Save $150.00 based on Yak Pak Lite and WIND™ Mobile "Chat" voice plan. Terms of service apply. $150.00 credit only applicable when signing up for specified Yak service and WIND™ Mobile service; purchase required. Offer has no cash value. $150.00 credit offer expires July 31, 2010 and will be applied by Yak over fifteen months at $10.00 per month starting within 30 days of joining Yak and WIND™ Mobile. Visit www.yak.ca.
* Terms of service apply.



▶ Under UV light, this mosquito larva reveals a red fluorescent marker in its nervous system, causing its eyes and nerve fibres to glow. The presence of the marker shows this individual insect carries the genetic construct that renders it immune to malaria.

A cure for

New genetic alteration boosts mosquito's immune system ◗ Malaria bug prevented from reproducing

With at least a million people dying each year from malaria — mostly children in sub-Saharan Africa — researchers are scrambling to find a way to stop the mosquito-borne parasitic disease by any means.

Now U.S. researchers believe they may have found one possible solution: a mosquito whose genes have been altered to render it malaria-proof.

"We basically genetically engineered in a gene that's capable of killing the malaria parasite in the mosquito's gut after it consumes the blood with the parasite in it," said principal researcher Michael Riehle, an entomologist at the University of Arizona.

"This is the first anti-malarial gene in mosquitoes," Riehle said. "There's been other ones, but this is the first one to block it at 100 per cent."

While there are about a dozen different drugs used to treat malaria, in many parts of the world the parasites have developed resistance to some of them.

Riehle said the long-term goal is to introduce malaria-proof mosquitoes into affected environments, with the hope they'd eventually replace their natural cousins and halt transmission at the source.

THE CANADIAN PRESS

Franchise Opportunity
Carlingwood Shopping Centre

For franchising info contact **Angela Bennett**
Ph: **905-826-0862** • Toll free: **1877-234-6397**
Email: **angelabennett@internationalnews.ca**
Website: **www.internationalnews.ca**

CANADA POST POSTES CANADA
From anywhere... to anyone

INTERNATIONAL News

THE CANADIAN PRESS

malaria?

Malaria facts

About half of the world's population is at risk for malaria.

- **Reach** An estimated 300 million people worldwide are infected each year with various types of Plasmodium parasites, which multiply in the liver and then infect red blood cells.
- **Symptoms** Symptoms, which include fever, headache and vomitting, usually appear 10 to 15 days after a person is bitten by a mosquito.
- **Fatal** Left untreated, malaria can quickly become life threatening by disrupting the blood supply to vital organs.
- **Africa** The deadliest type, Plasmodium falciparum, is endemic in sub-Saharan Africa. On that continent, a child dies every 45 seconds of the disease, which accounts for 20 per cent of all childhood deaths, says the World Health Organization.
- **Worldwide** In 2008, the disease was present in 108 countries and territories, the WHO says.
- **Canada** In Canada, about 1,000 cases are reported each year, primarily people who have travelled outside the country.
- **Potential** Ian Crandall, a malaria researcher at the University of Toronto, said going after the mosquito is "a great potential way" to try to eradicate the disease.
- **Future** But researchers say the malaria-proof mosquitoes won't be set for release for 10 years.

WATERFRONT LOG HOMES
Flexible • Maintenance Free
luxurious
OPEN HOUSE THIS WEEKEND!
FRACTIONAL OWNERSHIP starting at $89,900 per SHARE

Fractional Ownership
Ontario's Finest
Come See the Difference!
1-866-240-5194
www.frontenacshores.com
FRONTENAC Shores LAND O'LAKES

Home Phone Lines
"Great Quality. Great Price. Great Service. I Love my new Comwave Home Phone Service"
Cathy, Fergus
$14.95/month Enhanced Unlimited Local Calling
$19.95/month Unlimited Canada Unlimited Local Calling
$29.95/month One Rate Unlimited Calling North America
$39.95/month Global Unlimited Calling 20 Countries
All Features Free
Voicemail Call Waiting Caller ID Call Forwarding

Limited Time Offer!
90 day FREE TRIAL!
UNLIMITED
Calling to
INDIA
$19.95/month
With Any Comwave Home Phone Plan
comwave®
www.comwave.ca
613-216-6096

DRAMA.
SUSPENSE.
COMEDY.
Visit metronews.ca to watch metrotube
The video everyone's talking about.

ATTENTION: EXPANDING
22 AVAILABLE POSITIONS
$18 HR/AVG
Customer Relations Reps • WEEKLY PAY & BONUSES
No experience required •Training included
FOR AN INTERVIEW CALL
613-321-4278

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Ubisoft CEO Yannis Mallat at Ubisoft headquarters in Montreal. Canada has been ranked as the third-largest video game producer behind Japan and the United States.

Canadian video games gain ground

- Viewed as a more traditional video game developer
- Ranked the third-largest behind Japan, U.S.

They wear the label of made-in-Canada video games. Scrabble for the iPad tablet and iPhone and Assassin's Creed and the upcoming Tales from Space: About a Blob for game consoles are among the many examples of home-grown talent.

Canada is among the world's top video game developers, with creative talent and government tax breaks attracting both global and independent studios whose products appeal not only to hard core players but the growing ranks of casual gamers.

"What makes us stay here is the talent that we have found because the war is going to be won on the quality of the titles," said Ubisoft Montreal CEO Yannis Mallat.

But nobody questions that tax breaks have helped the industry grow.

French-based Ubisoft first arrived in Montreal in 1997 with the help of tax incentives from the Quebec government. It now has 2,300 employees in Canada. Ubisoft Montreal is known for developing the action-adventure games Assassin's Creed and Splinter Cell, among others.

Next up for the Ubisoft Montreal studio is the fitness game, Your Shape.

THE CANADIAN PRESS

Market moment

PHOTOS.COM, CP, THINKSTOCK

TSX	Dollar
+ 121.61 (11,741.77)	– 0.44¢ (96.26¢ US)
Oil	**Natural gas 1,000 cu ft**
– 42¢ US ($76.62 US)	$4.586 (+ 28¢)
	Gold contracts
	$1,208.30 (+ $1.30)

Sales dip: Live Nation

Concert promotion giant Live Nation Entertainment Inc. said Thursday that ticket sales for the Top 100 bands are down 12 per cent in the first half of the year, and sales will likely fall further in the second half. Shares of the company plunged $1.84 US, or 16 per cent, said CEO Michael Rapino. He told investors the weak economy has taken its toll on the concert industry.

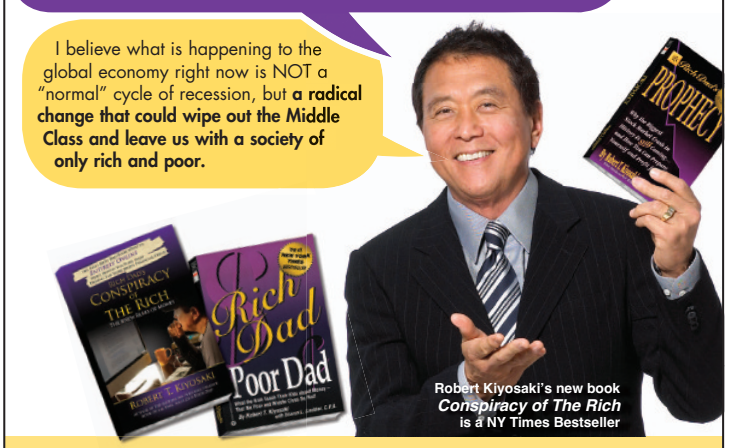
THE ASSOCIATED PRESS

Live Nation

▶ **Promoter** Live Nation is a live-events company based in Beverly Hills, Calif., focused on concert promotions.

Discover What I Know And Stop Worrying About Money!

I believe what is happening to the global economy right now is NOT a "normal" cycle of recession, but **a radical change that could wipe out the Middle Class and leave us with a society of only rich and poor.**



Robert Kiyosaki's new book *Conspiracy of The Rich* is a NY Times Bestseller

DO YOU WANT TO BE RICHER OR POORER?
NOW YOU HAVE THE POWER TO CHOOSE

COMING TO OTTAWA ON JULY 20-21

DON'T WAIT – CALL NOW OR REGISTER ONLINE
1-800-327-1502
www.richdadeducation.com

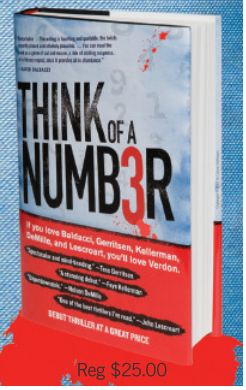
BONUS FREE GIFT just for attending the workshop!
BUDGETING YOUR MONEY! multi-media CD-ROM With exclusive audio excerpt from Robert's book, *Increase Your Financial IQ.*
Robert Kiyosaki does not participate in this event.

RICH DAD EDUCATION

SHARE THE WEALTH! BRING ALONG A FRIEND OR A FAMILY MEMBER!

© 2010 Rich Dad Education. All rights reserved. The Rich Dad and Rich Dad Education word mark and logos are owned by the Rich Dad Operating Company, LLC and any use of such marks is under license. 10RDEC0017 V1 06/10

A must-read summer thriller that will keep you guessing till the end.
What would you do
if you received an anonymous letter that predicted your thoughts?
Can someone out there guess what you're thinking?
Play the interactive game to find out!
www.chapters.indigo.ca/thinkofanumber
Available at Indigo and Chapters locations, in-store and online
Chapters Indigo COLES
chapters.indigo.ca



Reg $25.00

CONTRIBUTED PHOTO

▶ Michael Kaminer.

5 MINUTES WITH: MICHAEL KAMINER

Montreal-born freelance writer Michael Kaminer caused a stir in allegedly dull Ottawa this week with an article in the Washington Post lauding our capital's hip restaurants, livable neighbourhoods and "unself-conscious cool."

Do you have any count of how many Canadian media interviews you've done since your article ran?
Honestly, it was less than 10. A lot of them were radio interviews, but what's really impressive is how far the piece ended up travelling online and in other newspapers and on the wires. That was really surprising to me.

Does it somewhat undercut your findings about our confidence and "unselfconscious cool" that we're making such a fuss that you wrote some nice things about us?
I really did feel this new confidence in Ottawa. I just saw something that was in the air. But considering how grateful people have been for the fact that they were paid compliments, it does make me wonder.

As a former public relations professional, how would Ottawa spread the word about Ottawa, our secret that we're not entirely boring?
They need to get the word out about what makes Ottawa Ottawa these days. There seems to be a lot of creative energy. My impression was that it's the kind of place where a lot of smart people have chosen to live. There's a fantastic quality of life, and I think Ottawa could do a good job of telling that story.

Our new tourism slogan is "Just Like You." It cost $100,000. How would you rate that?
Oh my. I'd say see if you can get a refund. I don't want to travel somewhere because it's just like me, actually. I want to travel somewhere because I like to experience different people and different ideas and different sights. So, if I want to be just like me, I'll stay in Manhattan, I guess.

I agree that Ottawa's fantastic, but I'm still periodically jealous of Montrealers. Is that normal?
A lot of people seem to be jealous of Montrealers, and that city also has a fantastic quality of life. You also have to have to have a high tolerance for sort of sitting around and doing nothing, which Montrealers can also be really good at. (Laughs) I'm going to get in such trouble for that.

● STEVE COLLINS

Cartoon

MICHAEL DE ADDER

A question of freedom

Letters & Tweets

TORONTO. A head scarf should pose no threat to anyone. Those who force women to wear it are those who should be punished, not the women who wear the hijab as part of their faith.

There is a security issue, but I see this as something that we should compromise on. I agree that everyone should have their face visible for government ID and such, but when simply going for a walk, there should be no restrictions on what anyone can wear.

If one law abolishes the veil, that is only the beginning of the invasion of religious rights. This is not only a response to the new French laws, but also a message to those who wish to see this law imposed in Canada.

I am Canadian. I was born in Ottawa and was been brought up in Canadian culture. I am a Muslim convert and, as such, I see both sides of the argument.

I wear the hijab proudly as a symbol of my faith. Many people see the veil as a way to control women. They argue that we live in a modern society where women are free.

That is true and for that I am grateful. But if we force women to take off their hijab or niqab, are we not as bad as those who force it upon them?

SAMANTHA BELL

Wear what you feel

FRED ERNST/THE ASSOCIATED PRESS

Should all schools teach swimming lessons?

Email
ottawaletters @metronews.ca
Twitter
@metroottawa

Metro has the right to edit letters and submissions.

metro

METRO OTTAWA • 130 Slater St., Suite 300 • Ottawa, ON K1P 6E2 • T: 613-236-5058 • Fax: 866-253-2024
Toll free: 1-888-916-3876 • adinfoottawa@metronews.ca
Distribution: bernie.horton@metronews.ca
Managing Editor Tracey Tong, **Sales Manager** Dara Mottahed, **Distribution Manager** Bernie Horton

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with the Queens' Lantern

While you're checking out the newly reopened Canadian Museum of Nature, don't forget to notice the new glass "lantern" which is officially called the Queens' Lantern.

The new name was proclaimed late last month during an unveiling of a plaque at the museum by Her Majesty Queen Elizabeth II and His Royal Highness, the Duke of Edinburgh during their visit. The name pays homage to both Queen Elizabeth II, and to her great-great grandmother, Queen Victoria, whom the Victoria Memorial Museum commemorates.

The lantern is made from 160 panes of face glass and 120 pieces of glass fins. ● TRACEY TONG

Three days to play

HOW ARE YOU HANDLING ALL THIS HEAT?

Mitchell Knott
VISITING OTTAWA FROM STRATFORD
I'm just drinking lots of water. I always have a bottle of water in my pocket.

Anna Classen
OTTAWA
I don't love it. I just moved here from Edmonton and I'm having a hard time adjusting to the humidity.

GNC LiveWell.

GNC'S HOT BUYS

Nobody Beats Our Prices*...*Check It Out*

July 15 to Aug 1[10] ONLY — Hurry In and $AVE

Low, low prices on some of our most popular items *Everyone gets our lowest price; no other discounts apply.

Gaspari Nutrition
Super Pump 250 (800 g)
HOT BUY $57.79

BSN No-Xplode
(1.8 and 2.25 lb)
HOT BUY $58.79

Fusion Purple-K
(100 cap)
HOT BUY $29.99

Muscletech VItakic
(150 cap)
HOT BUY $38.79

Muscletech NaNO Vapor
(960 g & 1 kg)
HOT BUY $44.79

Hydroxycuts Hardcore X
(120 cap)
HOT BUY $39.99

Ripped Freak
(60 caps)
HOT BUY $44.79

GNC Triflex — Fast Acting
or Sport (120 cap)
HOT BUY $27.99 ea.

CytoSport Muscle Milk
(2.48lb)
HOT BUY $43.49

PVL Mutant Mass
(15 lb/6.8 kg)
HOT BUY $69.89

Optimum Nutrition
Hydro Whey (1.93 lb)
HOT BUY $44.99

Rivalus MPOWER
(126 cap)
HOT BUY $48.69

Pro Performance Whey ISO Burst
HOT BUY
2.2 lb - $29.99
6 lb - $68.99
10 lb - $107.99

Pro Performance Mass XXX
HOT BUY
3.5 lb - $26.99
8.8 lb - $53.99
15.9 lb - $89.99

Pro Performance Maximum Whey
HOT BUY
2 lb - $23.99
5 lb - $41.99

GNC LiveWell.

July 15 to August 1, 2010 ONLY!

10% OFF everything* on your purchase over $100

Use your Gold Card and save 20%*

Offer valid July 15 to August 1, 2010 only, while quantities last. *Does not apply to Hot Buys. One time use only. Coupon must be presented at time of purchase. GNC reserves the right to limit quantities. Actual products may look different than illustrated.

Coupon # **15708** GNC store: Process as a GNC coupon. Enter the GNC coupon number at the Coupon Number Prompt.

PHOTO COURTESY SONY PICTURES

Angie worth her Salt

▶ Angelina Jolie plays a CIA operative accused of being a Russian spy in Salt, opening next week.

She's been Lara Croft, she's been Mrs. Smith ◐ This time Angelina Jolie returns to the action game as a spy on the run ◐ Actress admits getting back to stunts was a tough challenge

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Angelina Jolie is used to having her words twisted around by magazines — even when those magazine are as esteemed as Vanity Fair. The magazine's latest issue features the iconic actress with the headline "Farewell, Angelina?" But she insists she isn't going anywhere.

"I'm not retiring. Everybody seems very excited about that, but not at this time," she tells Metro. "Basically I said something as simple as, 'In the years to come I'll be doing less film, I'm sure, and there are many other things to do in life.'"

Far from retiring, Jolie hits movie theatres next week with Salt, her first major action role since Wanted or Mr. And Mrs. Smith. Jolie stars as Evelyn Salt, a CIA operative who is accused of being a Russian spy. The Oscar-winning actress is the first to admit getting back into the stunt-heavy world took some adjustment — not that she had much time for it.

"It had been so long since I'd worked. I'd had babies, and it was just actually getting my boots back on and punching again," she says. "So we really crammed it in pretty fast. It was a lot of learning while doing."

Salt was originally about a male CIA agent — and set to star Tom Cruise — before Jolie came on board. In fact, the gender hadn't changed yet when she got the script.

"I got a call and they said, 'We've got a movie for you, and your name is Edwin and you have a wife.' I thought, very cool," Jolie remembers. But a part of Salt's old gender remains, as in one scene Jolie has to don a disguise as a male military officer, something she found fascinating — if time-consuming. "It was probably something like four hours, five hours. It was long," she says of the transformation process. "You do everything, you tape your breasts down, we had to put sweatpants on, all these things underneath to try to make me bulk up."

Women in action

Though she's been just as successful in dramas like A Mighty Heart and her Oscar-winning turn in Girl, Interrupted, Angelina Jolie still loves the action films that helped make her a star. She attributes part of that success to her ongoing professional relationship with stunt guru Simon Crane. Jolie admits, though, that it's hard finding good leading roles in action movies for women. "It was surprising when we looked into it that a woman hadn't done an action movie based in reality. They were always — the ones I've done — all in fantasy or some kind of science fiction. We did think if (Salt) worked it would be really nice for women."

For movie trailers, screen times, photos and tickets, visit metronews.ca/movies

2 scene

In brief

Comic actor Jay Baruchel is this year's recipient of ACTRA Montreal's award of excellence. The 28-year-old scored a hit earlier this year with How to Train Your Dragon, and stars in The Sorcerer's Apprentice.
THE CANADIAN PRESS

Scan code for more on the John Stamos extortion case (for instructions, see page 3)

mind tripping

▶ Leonardo DiCaprio stars in Inception.

MADE IN HOLLYWOOD DREAM FACTORY

For the visually savvy filmmaker, there's a new frontier with as much cinematic appeal as the old West held for moviemakers half a century ago.

With often dazzling results, filmmakers are turning to the mind itself as an uncharted landscape worth exploring. These dreamscapes offer a boundless universe for cinematic bravado where real world rules need not apply. Though Hollywood — the "dream factory" — has a long, intertwined history with psychology, recent movies of the mind suggest a new trend where characters and camera dive headlong into the mind.

Christopher Nolan, who directed and wrote Inception, said that the way a dream is formed, to him, "suggests infinite potential for human creativity, an infinite mystery to the way the human mind works."

Other filmmakers, too, have mapped the brain. Here are some of the more memorable ones:

Eternal Sunshine of The Spotless Mind (2004)

Jim Carrey stumbles through his memories while they're being erased: rain falls indoors; a bed is suddenly transported to a beach; a tiny Carrey is washed by his mother in the sink.

The Matrix (1999)

Neo (Keanu Reeves) spends most of the film plugged into a separate world, his eyes closed and body strapped down while he crusades in another reality.

The Cell (2000)

It was written by Mark Protosevich and starred Jennifer Lopez as a psychotherapist who literally goes inside the nightmarish mind of a serial killer to search for clues for his latest victim. Inspired in part by Brainscan (1994) and Dreamscape (1984), it was ornately and lavishly directed by Tarsem Singh.

THE ASSOCIATED PRESS

Ruffalo spends time with Kids

Shutter Island star looks beyond the lesbian and sperm donor themes in dramedy ◐ Asked to 'lay off the women' following a TV interview

NED EHRBAR
SCENE@METRONEWS.CA

METRO WORLD NEWS IN LOS ANGELES

PHOTO COURTESY ALLIANCE

▶ Mark Ruffalo plays the sperm donor for a lesbian couple in The Kids Are All Right.

Sometimes an actor can draw on personal experience for a role, and sometimes he just has to use his imagination.

For Mark Ruffalo, playing a former sperm donor approached by the children he anonymously fathered in The Kids Are All Right involved quite a bit of imagination.

"I wish they had a sperm bank in my low-income latino neighbourhood that I was in when I could've used it," Ruffalo says. "I think I wasted a lot of talent back then. If I'd have known, you know, 60 bucks a pop? That was really good money for me. I would be lucky if I made $60 in a day working back then."

When the kids of the title (Mia Wasikowska and Josh Hutcherson) make contact with Ruffalo's Paul, it quickly upsets the balance of their home and the marriage of their lesbian parents (Annette Bening and Julianne Moore). "The 600-pound gorilla is it's a lesbian movie, and we're in the middle of this huge debate about gay marriage," Ruffalo says.

"But what I really loved about it when I read it was how quickly the novelty of the gay marriage and the sperm donor thing just falls away.

"It's just a really honest movie about family."

Of course, he's found some viewers who have a harder time getting past some of the subject matter than others.

"After an interview on TV, a woman said, 'And by the way, I'm a lesbian, and you lay off our women!' And she totally meant it," Ruffalo says.

"At first I thought she was kidding, and then quickly I realized that she was really serious. And that she was going to, like, arm-wrestle me or something."

Motorcycle days

To relate to his character, a laidoback, motorcycle-riding restaurant owner, Ruffalo reached back to his early days in Los Angeles.

"I couldn't afford a car here in L.A. when I was a young man, so I had a motorcycle," Ruffalo says, though he isn't as enamoured with the vehicle as his character.

"Having a motorcycle that you have to get around on quickly removes the romanticism of the motorcycle. Especially when you get hit by a car," he admits.

Dinner and a Movie

Now, for a limited time, you can use your SCENE™ card to earn & redeem points at milestones GRILL + BAR™

Visit SCENE.ca for details.

CINEPLEX

Scotiabank

The SCENE Milestones Points Promotion offer is valid until July 31, 2010 as participating Milestones Grill + Bar restaurants in the province of Ontario. Some restrictions and/or limitations may apply. Visit scene.ca/milestones for details.

™ Trademark of SCENE IP LP ® Cineplex Entertainment LP, used under license ◊ Registered trademark of The Bank of Nova Scotia

Movie reviews See it twice ●●●●● | See it now ●●●● | Worth Watching ●●● | Yawn ●● | Don't bother ●

A dream come true

Inception
Genre: Sci-FI/Thriller
Director: Christopher Nolan
Stars: Leonard DiCaprio, Ellen Page, Marion Cotillard
●●●●●

Hype and anticipation can sabotage even the best movies, but somehow Christopher Nolan's long-awaiting, mystery-shrouded Inception manages to not just survive all the expectations loaded onto it but surpass them.

It's easily the best film of the year so far. And as for all that mystery and radio silence, it's true that Inception works best when you go into it knowing as little as possible, but that doesn't mean knowing what it's about will ruin it.

Not that we're about to tell you everything that happens. Simply put, Inception follows Cobb (Leonardo DiCaprio), an expert in a form of corporate espionage that involves stealing information through people's dreams, as he mounts a seemingly impossible heist in the hopes of clearing his name and reuniting with his family. The fact that something this far-fetched seems perfectly plausible on screen is a testament to how good writer/director Nolan is.

Nolan can't take all the credit for this, as DiCaprio and the rest of the cast shine in their roles. Notable standouts are a dashing Thomas Hardy as quippy counterfeiter and Ellen Page as an architectural student — and the audience's best vantage point into the story.

Overall, the film delivers on all levels, mixing suspense, gunplay, romance, mind-bending effects and thought-provoking themes. Be ready to want to see it again.

NED EHRBAR

Cyrus
Genre: Comedy
Director: Jay Duplass
Stars: John C. Reilly, Jonah Hill, Marisa Tomei
●●●●

The premise of Cyrus is a familiar one —man comes into single mom's life; single mom's son is not too happy.

However, in Cyrus, the son turns out to be an off-kilter, 21-year-old wannabe new- age musician who has the social graces of a lobotomized sloth, meaning their version of this plot line might be most real — and hilariously creepy — yet.

John C. Reilly plays John, a lonely, middle-aged guy who, at the urging of his ex-wife, goes to a party to open up his romantic borders. There, he meets Molly (Marisa Tomei).

They hit it off and, after a bit, John discovers Molly has a son named Cyrus (played with eerie ability by Jonah Hill); the two are beyond co-dependent on one another.

Molly and Cyrus's Oedipal relationship is the perfect vehicle for laughs — it's just creepy enough to make Cyrus hip but not so much that it crosses a line that shall not be named.

But it's John C. Reilly who makes the film. Reilly is not the best looking guy but it's that realness that lends his performances honest credibility in Cyrus.

DOROTHY ROBINSON

Lost Chaplin silent found

A short silent comedy that was lost for decades holds a big surprise for film buffs and historians when a familiar face emerges from the bushes in police uniform and that unforgettable moustache. The 1914 film, A Thief Catcher, was missing for so many years that everyone forgot Charlie Chaplin made a brief cameo as a buffoon Keystone cop, with all his familiar twitches and gestures. THE ASSOCIATED PRESS

MERLIN'S MAGIC ALIVE

In Focus

RICHARD CROUSE
SCENE@METRONEWS.CA

We can all conjure up an image of what Merlin the Magician looks like. He appears in dozens of movies, everything from the Disney cartoon Sword and the Sorcerer to Monty Python and the Holy Grail.

While we may not be able to nail the specifics — eye colour or height — the basics are easy — kindly old man with a long white beard, pointy hat, flowing robe. That's the likeness of the magician that has graced movies for decades — including this weekend's The Sorcerer's Apprentice starring Nicolas Cage as a magician and Jay Baruchel as his nerdy protege — but over the years there have been a number of interpretations of the character. Here's a look back:

Knightriders

George A. Romero brought the Arthurian legend forward to present day, and, of course, along with that comes a modern take on Merlin. Played by Brother Blue, an Ivy League trained actor and pastor, in his only onscreen credit, the wizard is a harmonica-playing hippie with butterflies painted on his face and forehea. Far out, man.

Son of Dracula

A rock 'n' roll Merlin! A blend of horror, comedy, and music, Son of Dracula stars Ringo Starr as the wizard in a story that could only have emerged from the drug addled 1970s. The story scarcely makes sense, but it is fun to see Ringo and co-star Harry Nilsson (along with cameos by '70s rock legends John Bonham and Keith Moon).

ADAM SANDLER KEVIN JAMES CHRIS ROCK DAVID SPADE ROB SCHNEIDER

"THE PERFECT SUMMER MOVIE!"
Bill Zwecker, FOX-TV

GROWN UPS

Boys will be boys... some longer than others.

GrownUps-Movie.ca

WRITTEN BY ADAM SANDLER & FRED WOLF DIRECTED BY DENNIS DUGAN

PG CRUDE CONTENT, LANGUAGE MAY OFFEND

COLUMBIA PICTURES

NOW PLAYING Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

"'ECLIPSE' IS THE BEST 'TWILIGHT' SO FAR!"
– Chris Knight, NATIONAL POST

"ROBUSTLY ENTERTAINING."
– A.O. Scott, THE NEW YORK TIMES

"'ECLIPSE' DELIVERS!"
– Thelma Adams, US WEEKLY

"COOLER... HOTTER... BIGGER."
– Betsy Sharkey, LOS ANGELES TIMES

"ONE OF THE SUMMER'S BEST FILMS."
– Jake Hamilton, FOX-TV

the twilight saga
eclipse

SEE IT AGAIN! YOU COULD WIN A PRIZE FROM THE DIRECTOR. Visit twilightthemovie.com No purchase necessary. Contest ends 7/28/10.

SUMMIT ENTERTAINMENT PRESENTS "THE TWILIGHT SAGA: ECLIPSE" A TEMPLE HILL PRODUCTION IN ASSOCIATION WITH MAVERICK/IMPRINT AND SUNSWEPT ENTERTAINMENT KRISTEN STEWART ROBERT PATTINSON TAYLOR LAUTNER BRYCE DALLAS HOWARD BILLY BURKE AND DAKOTA FANNING MUSIC BY HOWARD SHORE EXECUTIVE PRODUCERS MARTY BOWEN GREG MOORADIAN MARK MORGAN GUY OSEARY PRODUCED BY WYCK GODFREY KAREN ROSENFELT BASED ON THE NOVEL "ECLIPSE" BY STEPHENIE MEYER SCREENPLAY BY MELISSA ROSENBERG DIRECTED BY DAVID SLADE

PG VIOLENCE. NOT RECOMMENDED FOR YOUNG CHILDREN

www.eclipsethemovie.com

NOW PLAYING CHECK THEATRE DIRECTORIES FOR LOCATIONS AND SHOWTIMES

John met the woman of his dreams.

"A CLEVERLY OFFBEAT COMEDY."
USA TODAY

Then he met her son...

CYRUS

14A Persons younger than 14 must be accompanied by an adult COARSE LANGUAGE

FoxSearchlight.com

FOX SEARCHLIGHT PICTURES

RELEASED BY TWENTIETH CENTURY FOX Copyright © 2010 Twentieth Century Fox

STARTS TODAY! EMPIRE THEATRES EMPIRE 7 OTTAWA Check theatre directory or go to www.tribute.ca for showtimes

THESE PAGES COVER MOVIE START TIMES FROM FRI., JUL. 16 TO THURS., JUL. 22. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

OTTAWA

BYTOWNE CINEMA
325 Rideau St., 613-789-3456

Exit Through the Gift Shop (14A) Fri 9:20 Sat 6:50 Sun 1:15-8:40 Mon 6:55 Tue-Wed 9:20 Thu 6:55
The Girl Who Played With Fire (18A) Fri 6:40 Sat 1:30-8:50 Sun 3:15 Mon 4:15-8:55 Tue 6:40 Wed 4 Thu 8:55
Rachel (PG) Fri 4:30
The Secret in Their Eyes (14A) Sat 4:10 Sun 6 Tue 4 Wed 6:40 Thu 4:15

CANADIAN FILM INSTITUTE
2 Daly Ave., Suite 120, 613-232-6727

The Earrings of Madame De ... (STC) Sat 7
No Films Showing Today (STC) Fri Sun-Thu

CANADIAN MUSEUM OF NATURE
240 McLeod St., 613-566-4700

A Modern Castle: The Rebirth of the Canadian Museum of Nature (STC) Fri-Thu 12:30
Modern Collective (STC) Fri-Thu 1
Reptiles and Amphibians (STC) Fri 10:30-11:30-1:30-2:30-4:30-6-7 Sat-Wed 10:30-11:30-1:30-2:30-4:30 Thu 10:30-11:30-1:30-2:30-4:30-6-7

CENTRETOWN MOVIES
Dundonald Park, 512 Somerset St. W., 613-232-1534, centretownmovies.org

Listings not available at press time.

COLISEUM OTTAWA
3090 Carling Ave., 613-596-9475

The Big Four: Anthrax, Megadeth, Metallica, Slayer Encore (STC) Mon 6:30
Despicable Me (PG) No Passes Fri-Thu 12:50-4-6:50-9:20
Despicable Me 3D (STC) No Passes Fri-Thu 12:20-2:50-5:15-7:50-10:15
Grown Ups (PG) Fri-Sat 12:40-3:40-6:40-9:10 Sun 12:40-3:40-9:50 Mon 12:40-3:40-7:15 Tue 12:40-3:40-6:40-9:10 Wed 12:40-3:40-9:55 Thu 12:40-3:40-6:40-9:10
Inception (PG) No Passes Fri-Thu 11:30-12-1-3-3:30-4:30-6:30-7-8-10-10:30
Knight and Day (PG) Fri-Sat 1:20-4:20-7:10-9:50 Sun 1:20-4:20-7:05 Mon 1:20-4:20-9:50 Tue-Thu 1:20-4:20-7:10-9:50
The Last Airbender (PG) Fri-Wed 1:10-4:10-7:05-9:35 Thu 4:10-7:05-9:35 Star & Strollers Screening Thu 1
The Metropolitan Opera: Madama Butterfly Encore (STC) Wed 6:30
Predators (14A) Fri-Thu 1:40-4:50-7:40-10:25
The Sorcerer's Apprentice (PG) No Passes Fri-Thu 1:30-4:40-7:30-10:20
Toy Story 3 3D (G) Fri-Thu 12:30-3:50-7:20-10:05
The Twilight Saga: Eclipse (PG) Fri-Thu 12:10-3:20-6:20-9:15
WWE Money in the Bank 2010 (STC) Sun 8

EMPIRE 7 CINEMAS
111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

Agora (PG) Fri-Thu 12:30-3:35-6:30-9:25
Cyrus (14A) Fri-Thu 12:55-4:7-9:55
Despicable Me (PG) No Passes Fri-Sun 12:50-3:55-6:55-9:45 Mon-Thu 12:50-3:55-6:55-9:45
Grown Ups (PG) Fri-Sun 12:45-3:50-6:50-9:40 Mon 12:45-3:50-9:40 Tue 12:45-3:50-6:50-9:40 Wed-Thu 12:45-3:50-9:40
Inception (PG) No Passes Fri-Thu 12:25-3:30-6:40-9:50
Predators (14A) No Passes Fri-Sun 12:35-3:40-6:35-9:30 Mon-Thu 12:35-3:40-6:35-9:30
Toy Story 3 (G) Fri-Thu 12:40-3:45-6:45-9:35

MAYFAIR THEATRE
1074 Bank St., 613-730-3403, mayfair-movie.com

Babies (G) Mon 7 Thu 7
BMX Bandits (STC) Thu 9
Dark Star (STC) Fri 11:30
Firewalker (STC) Sat 11:45
Greendale (STC) Wed 9:10
Harry Brown (18A) Fri-Sat 9:15 Sun 7 Tue 9
Letters to Juliet (PG) Fri-Sat 7 Tue 7
The Long Goodbye (STC) Mon 9
Rust Never Sleeps (STC) Wed 7
Vhsundays (STC) Sun 9:15

OTTAWA FAMILY CINEMA
710 Broadview Ave., 613-722-8218, familycinema.ca

Listings not available at press time.

RAINBOW CINEMAS
St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

Date Night (14A) Fri-Thu 10:30-9:20
Get Him to the Greek (14A) Fri-Thu 7-9:15
How to Train Your Dragon (PG) Fri-Thu 12:25-2:30
Iron Man 2 (PG) Fri-Thu 9:55-4:30-7:05-9:35
The Karate Kid (PG) Fri-Thu 10:20-1:05-3:50-6:40
Killers (PG) Fri-Thu 9:25
Marmaduke (G) Fri-Thu 10:10-12:10-2:35-4:50
Robin Hood (PG) Fri-Thu 12:35-3:30-6:30
Sex and the City 2 (18A) Fri-Thu 8:50
Shrek Forever After (PG) Fri-Thu 10:05-12:15-2:25-4:40-6:50

RIDEAU CENTRE CINEMAS
50 Rideau St., 613-234-3712

▶ The animated feature Despicable Me opened last week.

Inception (PG) Dolby Stereo Digital, No Passes Fri-Thu 1:30-4:30-8
The Sorcerer's Apprentice (PG) SDDS Digital, No Passes Fri-Thu 1:15-4-6:45-9:20
The Twilight Saga: Eclipse (PG) Dolby Stereo Digital Fri-Thu 1-3:45-6:30-9:15

SOUTH KEYS
2214 Bank St., 613-736-1115

Despicable Me (PG) No Passes Fri-Thu 11:10-2:20-5:7:40-10:10
Despicable Me 3D (STC) No Passes Fri-Thu 10:45-1:20-4:6:40-9:10
Grown Ups (PG) Fri-Thu 10:35-1:10-3:50-6:50-9:50
Inception (PG) No Passes Fri-Thu 10:15-10:50-11:30-1:35-2:05-3-4:45-5:20-6:30-8:15-9:30-10
Knight and Day (PG) Fri-Thu 12:30-3:30-6:45-9:20
The Last Airbender (PG) Fri-Thu 10:25-1-4:05-7:05-9:45
Predators (14A) Fri-Thu 10:40-1:30-4:10-6:55-9:55
The Sorcerer's Apprentice (PG) No Passes Fri-Thu 11:15-1:55-4:35-7:25-10:05
Toy Story 3 3D (G) Fri-Thu 10:30-1:25-4:20-7-9:35
The Twilight Saga: Eclipse (PG) Fri-Thu 10:20-1:15-4:15-7:15-10:15

GATINEAU

CANADIAN MUSEUM OF CIVILIZATION
100 rue Laurier, 819-776-7010

Avatar 3D (G) Fri-Sun 8:40 Thu 8:40
Hubble 3D (STC) Fri 11-2:45-5:25 Sat-Sun 11-2:15-5:25-7:35 Mon 11-2:15-3:20 Tue 11-2:15-3:20-7:35 Wed 11-2:15-3:20 Thu 11-2:15-3:20-7:35 Fri 1:10-7:35 Sat-Sun 1:10 Mon 1:10-7:35 Tue 1:10 Wed 1:10-7:35 Thu 1:10
Ride Around the World (STC) Fri 3:20 Sat 9:50-3:20 Sun 3:20 Mon-Thu 5:25 Fri-Thu 4:20
Sharks 3D (STC) Fri-Mon 12:05-6:30 Tue-Wed 12:05-6:30-8:40 Thu 12:05-6:30 Fri 9:50 Sun 9:50 Mon 9:55-8:40 Tue-Thu 9:55

CINÉ-CAMPUS UQO
283 rue St-Jean-Bosco, 819-773-1888

CINÉMA DES GALERIES D'AYLMER
400 boul. Wilfrid-Lavigne, 819-248-2526

Despicable Me 3D (G) Fri-Thu 1:20-3:30-7-9:10
Inception (G) Fri-Thu 1-4-7
The Sorcerer's Apprentice (G) Fri-Thu 1:30-3:50-7:10-9:30
The Twilight Saga: Eclipse (G) Fri-Thu 1:10-3:40-6:50-9:20

CINÉ-STARZ
1100 boul. Maloney Ouest, 819-568-8000

Les Amours Imaginaires (G) Fri-Thu 3:25-5:15-7:05
Dragons (G) Fri-Thu 12
Le Karate Kid (G) Fri-Thu 1:35-4-7-9:25
L'Enfant Prodige (G) Fri-Thu 5:05-8:45
Marmaduke (G) Fri-Thu 12-1:45-3:20
Petite Vengeance Poilue (G) Fri-Thu 12-1:40
Robin des bois (G) Fri-Thu 9
Shrek 4, Il Etait une Fin (STC) Fri-Thu 12-1:40-3:20-7
Tuer Pour Aimer (G) Fri-Thu 5-7-9

CINÉ-PARC TEMPLETON DRIVE-IN
1779 boul. Maloney Est, 819-663-0915

The A-Team (G) Fri-Tue
Jonah Hex (G) Fri-Tue
Knight and Day (G) Fri-Tue
No Films Showing Today (STC) Wed-Thu
Piché: Entre Ciel et Terre (STC) Fri-Tue

GATINEAU 9
120 boul. de l'Hôpital, 819-568-6070

Listings not available at press time.

STARCITÉ HULL
115 boul. du Plateau, 819-770-1090, cinemasfortune.ca

Despicable Me (G) No Passes Fri-Thu 12:45-3:05-5:25-7:45-10:05
Detestable Moi 3D Numerique (G) No Passes Fri-Thu 11:55-2:15-4:35-7:10-9:30
Grown Ups (G) Fri-Tue 12:25-2:55-6:50-9:20 Wed 12:25-2:55-6:50 Thu 12:25-2:55-6:50-9:20
Histoire de Jouets 3 (STC) Fri-Thu 12:35-3:30-7:05-9:35
Inception (G) No Passes Fri-Tue 11:30-12-2:45-3:15-6:30-7-9:45-10:15 No Passes Wed 11:30-12-2:45-3:10-6:30-7-9:45-10:15 No Passes Thu 11:30-12-2:45-3:15-6:30-7-9:45-10:15
Knight and Day (G) Fri-Tue 12:40-3:25-7:25-10:10 Wed 12:40-3:25-10:10 Thu 12:40-3:25-7:25-10:10
L'Apprenti Sorcier (G) No Passes Fri-Tue 12:30-3:20-7:15-9:50 No Passes Wed 12:30-3:20-7:15-9:45 No Passes Thu 12:30-3:20-7:15-9:50
The Last Airbender 3D (G) Fri-Thu 11:50-2:30-5-7:35-10:25
The Metropolitan Opera: Madama Butterfly Encore (STC) Wed 6:30
Origine (G) No Passes Fri-Tue 11:45-3-6:45-10 No Passes Wed 11:45-3-6:45-9:55 No Passes Thu 11:45-3-6:45-10
Piché: Entre Ciel et Terre (STC) Fri-Thu 12:10-2:40-6:40-9:15
Predators (13+) Fri-Thu 12:20-2:50-7:40-10:30
La Saga Twilight: Hésitation (G) Fri-Thu 12:15-3:10-6:35-9:25
The Sorcerer's Apprentice (G) No Passes Fri-Thu 11:40-2:20-7:30-10:20
Toy Story 3 3D (STC) Fri-Thu 12:05-2:35-7:20-9:55
The Twilight Saga: Eclipse (G) Fri-Thu 11:35-2:25-6:55-9:40

BARRHAVEN

BARRHAVEN CINEMAS
131 Riocan Dr., 613-825-2463

Despicable Me (PG) No Passes Fri-Thu 12:40-3:50-6:40-9:10
Grown Ups (PG) Fri-Thu 1-4-6:50-9:30
Inception (PG) No Passes Fri-Thu 12-3:30-7-10:20
The Last Airbender (PG) Fri-Thu 1:20-4:10-7:30-10:10
The Sorcerer's Apprentice (PG) No Passes Fri-Thu 12:20-4:20-7:20-10
Toy Story 3 3D (G) Fri-Thu 1:10-4:30-7:10-9:50
The Twilight Saga: Eclipse (PG) Fri-Wed 12:50-3:40-6:30-9:20 Thu 3:40-6:30-9:20 Star & Strollers Screening Thu 1

GLOUCESTER

SILVERCITY
2385 City Park Dr., 613-688-8800

Despicable Me (PG) No Passes Fri-Tue 12:40-3:35-6:45-9:30 No Passes Wed 3:35-6:45-9:30 No Passes Thu 12:40-3:35-6:45-9:30 Star & Strollers Screening, No Passes Wed 1
Despicable Me 3D (STC) No Passes Fri-Thu 11:50-2:30-5:15-7:45-10:25
The Girl Who Played With Fire (18A) Fri-Thu 11:40-2:50-6:35-9:50
Grown Ups (PG) Fri-Tue 12:35-3:25-6:10-8:45 Wed 12:35-3:25-9:20 Thu 12:35-3:25-6:10-8:45
Inception (PG) No Passes Fri-Thu 11:30-1-2-3-4:30-5:30-6:30-8-9-10
Inception: The IMAX Experience (PG) No Passes Fri-Thu 12-3:30-7-10:30
Knight and Day (PG) Fri-Tue 12:25-3:40-6:25-9:10 Wed 12:25-3:40-9:10 Thu 12:25-3:40-6:25-9:10
The Last Airbender 3D (PG) Fri-Thu 12:20-3:15-6:20-9:25
The Metropolitan Opera: Madama Butterfly Encore (STC) Wed 6:30
Predators (14A) Fri-Thu 1:10-4-7:10-9:40
The Sorcerer's Apprentice (PG) No Passes Fri-Thu 12:05-1:25-2:45-4:15-6:50-7:25-9:45-10:10
Toy Story 3 (G) Wed 6:40
Toy Story 3 3D (G) Fri-Tue 11:35-2:15-5-7:40-10:20 Wed 11:35-2:15-10:20 Thu 11:35-2:15-5-7:40-10:20
The Twilight Saga: Eclipse (PG) Fri-Sat 12:10-3:10-6-8:50 Sun 12:10-3:10 Mon-Thu 12:10-3:10-6-8:50 Fri-Thu 1:15-4:10-7:15-10:05
WWE Money in the Bank 2010 (STC) Sun 8

ORLEANS

EMPIRE THEATRES ORLEANS 6 CINEMAS
3752 Innes Rd., 613-830-4400

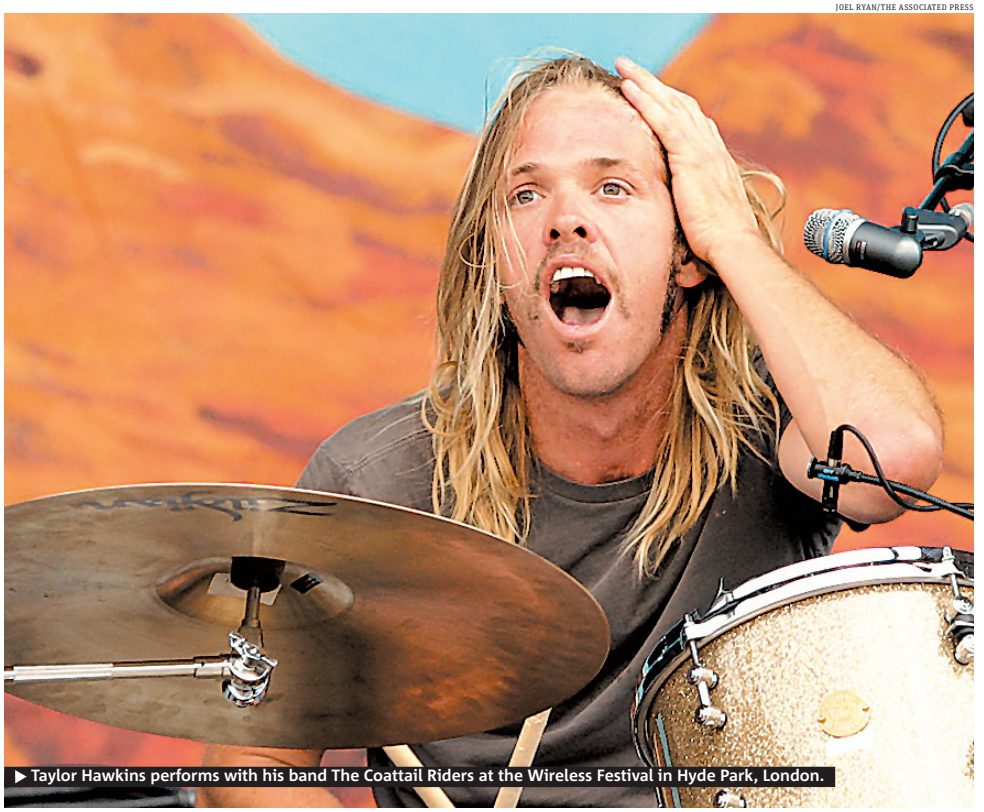
Despicable Me 3D (STC) No Passes, Dolby Stereo Digital Fri-Sun 1-4-6:30-9:30 Dolby Stereo Digital Mon-Thu 1-4-6:30-9:30
Grown Ups (PG) Dolby Stereo Digital Fri-Thu 12:20-3:20-6:20-9:20
Inception (PG) Dolby Stereo Digital, No Passes Fri-Thu 12:30-1:15-3:45-4:15-7-8-10:15
Knight and Day (PG) Dolby Stereo Digital Fri-Thu 12:40-3:30-7:20-9:45
The Last Airbender 3D (PG) Dolby Stereo Digital Fri-Thu 12:50-3:55-6:40-9:40
Predators (14A) Dolby Stereo Digital Fri-Thu 1:10-4:10-6:50-9:50
The Sorcerer's Apprentice (PG) Dolby Stereo Digital Fri-Thu 12:55-3:40-7:30-10
Toy Story 3 3D (G) Dolby Stereo Digital Fri-Thu 1:20-3:50-6:25-9
The Twilight Saga: Eclipse (PG) Dolby Stereo Digital Fri-Thu 12:15-3:15-6:15-9:10

KANATA

KANATA 24
801 Earl Grey Dr., 613-599-1200

The A-Team (PG) Fri-Wed 10:35-1:20-4:10-7:05-10 Thu 10:35-1:20
Despicable Me (PG) Special Engagement Fri-Sun 11-1:30-4-6:30-9 Mon-Thu 11-1:30-4-6:30-9 Special Engagement Fri-Sun 11-12:15-1:30-2:45-4-5:15-6:30-7:45-9-10:15 Mon-Thu 11-12:15-1:30-2:45-4-5:15-6:30-7:45-9-10:15
Despicable Me 3D (STC) Special Engagement Fri-Thu 10:30-11:30-2-4:45-7:15-9:45
Get Him to the Greek (14A) Fri-Thu 10:50-4:20-10:05
Grown Ups (PG) Fri-Thu 11:15-2:05-4:45-7:25-9:55
Hotel for Dogs (G) Special Engagement Tue 10
Inception (PG) Special Engagement Fri-Sat 10:30-11-11:30-12:15-12:45-1:45-2:15-2:45-3:30-4-5:15-5:45-6:15-7-7:30-8:30-9-9:30-10:15-10:45 Special Engagement Sun-Thu 10:30-11-11:30-12:15-12:45-1:45-2:15-2:45-3:30-4-5:15-5:45-6:15-7-7:45-8:30-9-9:30-10:15
Iron Man 2 (PG) Fri-Thu 1:25-7:10
The Karate Kid (PG) Fri-Thu 11:45-3:15-6:45-9:50
Knight and Day (PG) Fri-Thu 10:45-1:35-4:25-7:20-10:10
The Last Airbender (PG) Fri-Thu 11:40-2:10-4:50-5:50-7:35-10:05
The Last Airbender 3D (PG) Digital, Special Engagement Fri-Thu 1:10-4:05-7:05-9:35
Predators (14A) Special Engagement Fri-Sun 10:55-11:25-1:45-2:25-4:30-5:05-7:20-7:50-9:55-10:25 Mon-Wed 10:55-11:25-1:45-2:25-4:30-5:05-7:20-7:50-9:55-10:25 Thu 10:55-11:25-1:45-2:25-5:05-7:50-10:25
Robin Hood (PG) Fri-Wed 12:25-3:45-7:10-20 Thu 12:25-3:45
The Sorcerer's Apprentice (PG) Special Engagement Fri-Thu 10:50-11:35-1:30-2:15-4:15-5-7:15-7:45-10:10-30
Toy Story 3 (G) Fri-Mon 11:10-1:50-4:35-7:10-9:50 Tue 1:50-4:35-7:10-9:50 Wed-Thu 11:10-1:50-4:35-7:10-9:50
Toy Story 3 3D (G) Special Engagement Fri-Thu 10:40-1:20-4:05-6:40-9:20
The Twilight Saga: Eclipse (PG) Fri-Thu 10:35-1:35-4:35-7:35-10:25 Fri-Thu 10:35-11:20-1:35-2:20-4:35-5:20-7:35-8:35-10:25

JOEL RYAN/THE ASSOCIATED PRESS



▶ Taylor Hawkins performs with his band The Coattail Riders at the Wireless Festival in Hyde Park, London.

Hawkins laments loss of rock 'n' roll

Foo Fighters drummer has disdain for current recording practises ◗ New solo album showcases 1970s rock influences and features members of Queen

Technology helped the Foo Fighters' Taylor Hawkins record with two of his rock idols on his solo project, but the drummer doesn't think much about how it has impacted the music world on the whole.

Hawkins has a disdain for current recording practices, and blames it mostly on Pro Tools, the digital audio workstation software that's used by most artists.

"It's ruined music as far as I'm concerned, at least rock 'n' roll," Hawkins said. "It's great for dance music."

Hawkins' latest solo release, Red Light Fever, is far from the disco world. The album showcases Hawkins' 1970s rock influences. A highlight of the project for Hawkins was getting Queen guitarist Brian May and drummer Roger Taylor to play on the record. Though they didn't record in the same studio, they were able to collaborate by sending tracks back and forth over the Internet.

"It's one of the only good things the computer has done for music," he said.

It's not the 37-year-old's only lament about rock today. Hawkins has spent much of his summer playing the album on the road, mostly in Europe. Hawkins said overseas audiences have a special appreciation for rock that appears to have been lost in the U.S.

"America is tough for rock music," he said sadly. "Rock 'n' roll used to be the main music for the youth, and it's not so much anymore. It's hip-hop and stuff."

In Europe, his band is likely to play in larger venues. "Rock and roll is still a stronghold there," he said. "They seem to embrace rock 'n' roll musicians."

"I love Donna Summer and I love ABBA. I love late '70s disco. I love the Bee Gees. I just love that period of recording"
TAYLOR HAWKINS

Red Light Fever, released, is the second album from Hawkins and the Coattail Riders. The album not only features Hawkins' on drums, but also as a frontman. THE ASSOCIATED PRESS

What next for Taylor Swift?

Singer to answer questions about upcoming disc ◗ Grammy winner has millions of social media followers

Singer Taylor Swift will host a live chat to talk with fans about a new album.

Swift said she's always getting questions from fans via the Internet and social networking sites.

Next Tuesday she'll be providing answers about her followup to Fearless and more.

"I've gotten so many questions from fans — on Twitter, Facebook, MySpace, my website, everywhere really, and it's so incredible to see how excited everybody is about what's next," Swift said in an email to The Associated Press.

"I want them to be the first to know about my new music, and I can't wait to talk to everybody as directly as I can!"

Swift will host the chat from Nashville at 5 p.m. ET. Fans will be able to submit questions on Swift's website, social networking platforms and Ustream.tv.

Swift was recently ranked No. 3 on Forbes' list of the most powerful celebrities on social media. She has seven million Facebook friends and 3.6 million Twitter followers.

Fearless was the top-selling album of 2009 and netted Swift every major award, including four Grammys.
THE ASSOCIATED PRESS

Touch Taylor

▶ Mix Me In2 Taylor Swift is a new iPhone/iPod Touch app that allows you to hear new versions and remix songs from the albums Fearless and Taylor Swift, and record your own vocals and instruments right into the music! The app is available now in the iTunes store.

▶ Taylor Swift will take questions from fans on Tuesday.

The Audio Recording Academy
OTTAWA S HANDS-ON RECORDING ARTS COLLEGE
Learn applied audio recording in our 3 working studios.
Classes start September 7th, 2010!
Apply online at taraottawa.com or call 613.798.0070
TARA is a Private Career College registered under the Private career colleges Act, 2005.
TARA

GMC

EMPLOYEE PRICING EVENT

YOU PAY WHAT GM EMPLOYEES PAY

INCL. UP TO **$14,000** PRICE ADJUSTMENTS** (SIERRA HD amount shown)

2010 GMC SIERRA NEVADA EDITION CREW CAB 4WD

MSRP $40,914

EMPLOYEE PRICING

$30,370*

INCLUDES FREIGHT, PDI, FEES & $6,000 CASH CREDIT

PLUS $1,500 IN CHROME ACCESSORIES ON US**

★★★★★ HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†

HWY: 11.4L/100KM • 25MPG CITY: 15.9L/100KM • 18MPG†

$2,000 GM CARD MAX. REDEMPTION ALLOWANCE‡

2010 GMC ACADIA SLE

MSRP $39,424

EMPLOYEE PRICING

$33,859*

INCLUDES FREIGHT, PDI, FEES & $2,000 CASH CREDIT

$2,000 GM CARD MAX. REDEMPTION ALLOWANCE‡

★★★★★ HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†

HWY: 8.4L/100KM • 34MPG CITY: 12.7L/100KM • 22MPG†

2010 GMC TERRAIN SLE

MSRP $28,959

EMPLOYEE PRICING

$26,652*

INCLUDES FREIGHT, PDI & FEES

SLT-2 model shown††

★★★★★ HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†

HWY: 6.1L/100KM • 46MPG CITY: 9.2L/100KM • 31MPG†

$1,500 GM CARD MAX. REDEMPTION ALLOWANCE‡

2010 GMC SIERRA NEVADA EDITION EXT. CAB

MSRP $34,854

EMPLOYEE PRICING

$25,041*

INCLUDES FREIGHT, PDI, FEES & $6,000 CASH CREDIT

$2,000 GM CARD MAX. REDEMPTION ALLOWANCE‡

PLUS $1,500 IN CHROME ACCESSORIES ON US**

★★★★★ HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†

HWY: 10.5L/100KM • 27MPG CITY: 15.3L/100KM • 18MPG†

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $599 for Dealer fees.***

RECYCLE YOUR 1995 OR OLDER VEHICLE AND RECEIVE UP TO **$3300**** IN ADDITIONAL CASH INCENTIVES.

ASK ABOUT

CA$H FOR CLUNKERS

IN COLLABORATION WITH RETIRE YOUR RIDE, FUNDED BY THE GOVERNMENT OF CANADA.

Retire Your Ride Canada's Vehicle Recycling Program

Summerhill IMPACT

GM Canada

THE BEST COVERAGE IN CANADA
5 YEARS • POWERTRAIN COMPONENT LIMITED WARRANTY
160,000 KM^ • ROADSIDE ASSISTANCE
• COURTESY TRANSPORTATION
^WHICHEVER COMES FIRST, EXCLUDES MEDIUM-DUTY TRUCKS. SEE DEALER FOR LIMITED WARRANTY DETAILS.

OnStar®

Redeem your GM Card earnings today.†

GMC
buygmc.ca

For the latest information, visit us at gmc.gm.ca, drop by your local Pontiac Buick GMC Dealer or call us at 1-800-GM-DRIVE. *$14,000 Price Adjustment includes $8,000 manufacturer to dealer delivery credit (tax exclusive) and $6,291 employee price discount (tax exclusive) available on 2010 MY Silverado/Sierra HD 2500 for retail customers only. Other delivery credits available on most models. Employee price discount amount based on MSRP of $55,190 (excluding $1,350 license, insurance, registration fees, duties and taxes). Dealers are free to set individual prices. Any actual savings under the Employee Pricing Event program will vary depending on your dealer's prior selling prices. Employee price discount is available on the purchase/finance of an eligible new or demonstrator 2010/2011 MY Chevrolet/Buick/GMC/Cadillac or 2010 MY Pontiac/Hummer vehicle delivered between 6/23/10 and 9/3/10 at participating dealers in Canada (eligible vehicles: 2010/2011 MY Corvette ZR1, Medium Duty Trucks and G-Vans (passenger, cargo, cutaway), 2011 MY Cruze, Equinox, LaCrosse, Cadillac CTS Coupe and SRX. Dealer order or trade may be required. Limited time offer which may not be combined with other offers. See your dealer for complete details. Dealers may sell for less. Not all customers will qualify. Offers subject to change without notice. **$1,500 Chrome Accessories Package (grille, 6" tubular assist steps, door handles and mirror caps) valued up to $1500 (tax inclusive) ("PDO Truck") or (b) a Custom Accessory Credit of up to $1500 (tax inclusive) to be used towards the purchase of genuine GM Accessories to be installed on a non-PDO Truck from on-ground inventory. Dealer installation included. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See your GM dealer for details. ♥♥ To qualify for GM Canada's Cash For Clunkers incentive, you must: (1) receive Government confirmation of vehicle eligibility under the Retire Your Ride Program, supported by The Government of Canada, and turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months (12 months in B.C.) or (2) turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months in B.C. GM Canada will provide eligible consumers with an additional $1,000 (tax inclusive) to be used towards the purchase/lease of a new eligible 2010 or 2011 MY vehicle, excluding all Pontiac, Saturn, Saab and Hummer vehicles, Chevrolet Aveo, Cobalt LS, Colorado 2WD, Corvette ZR1 and Medium Duty Trucks, 2010 MY Chevrolet Cobalt and 2010 MY Buick Regal, Chevrolet Cruze and Cadillac CTS-Coupe, in an amount equal to the lesser of $1,000 or the amount of the consumer's trade-in allowance, provided the consumer takes delivery between June 30, 2010 and September 30, 2010 from a participating dealer. Consumer must be eligible for a $1,000 cash incentive from the Canadian Government. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca. ††Factory order or dealer trade may be required. ΔΔ2010 GMC Terrain FWD. 2010 GMC Acadia FWD. 2010 GMC Sierra 4WD equipped with 4.8L Vortec V8 engine and 4-speed automatic transmission. 2010 GMC Sierra 2WD equipped with 4.8L Vortec V8 engine and 4-speed automatic transmission. Fuel efficiency and competitive fuel efficiency ratings based on Natural Resources Canada's 2010 Fuel Consumption Guide. Your actual fuel consumption may vary. †US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 GMC Terrain and 2010 GMC Acadia received both a 5-star rating for the driver and front passenger in the Frontal Crash test and for front and rear seat occupants in the Side-Impact Crash test. Side-impact Crash test rating is for a model tested with standard head-curtain side-impact air bags. 2010 GMC Sierra received a 5-star rating for the driver and front passenger in the Frontal Crash test and for front and rear seat occupants in the Side-Impact Crash test. Rollover ratings based on dynamic testing or electronic stability control. Not all vehicles are tested. Visit www.safercar.gov for more information. ‡$2,000 GM Card Max. Redemption Allowance is for new or demonstrator 2010 MY Silverado/Sierra Light Duty Extended and Crew Cab, C/K Models 1SF, 1SB, 1SD (excludes hybrids) delivered after May 1, 2010, while supplies last at participating dealers in Canada. Dealer offer or trade may be required. Eligible customers receive either: (a) a pre-installed Chrome Accessories Package (grille, 6" tubular assist steps, door handles and mirror caps) valued up to $1500 (tax inclusive) ("PDO Truck") or (b) a Custom Accessory Credit of up to $1500 (tax inclusive) to be used towards the purchase of genuine GM Accessories to be installed on a non-PDO Truck from on-ground inventory. Dealer installation included. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See your GM dealer for details. ♥♥ To qualify for GM Canada's Cash For Clunkers incentive, you must: (1) receive Government confirmation of vehicle eligibility under the Retire Your Ride Program, supported by The Government of Canada, and turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months (12 months in B.C.) or (2) turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months in B.C. GM Canada will provide eligible consumers with an additional $1,000 (tax inclusive) to be used towards the purchase/lease of a new eligible 2010 or 2011 MY vehicle, excluding all Pontiac, Saturn, Saab and Hummer vehicles, Chevrolet Aveo, Cobalt LS, Colorado 2WD, Corvette ZR1 and Medium Duty Trucks, 2010 MY Chevrolet Cobalt and 2010 MY Buick Regal, Chevrolet Cruze and Cadillac CTS-Coupe, in an amount equal to the lesser of $1,000 or the amount of the consumer's trade-in allowance, provided the consumer takes delivery between June 30, 2010 and September 30, 2010 from a participating dealer. Consumer must be eligible for a $1,000 cash incentive from the Canadian Government. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca. ††Factory order or dealer trade may be required. ΔΔ2010 GMC Terrain FWD. 2010 GMC Acadia FWD. 2010 GMC Sierra 4WD equipped with 4.8L Vortec V8 engine and 4-speed automatic transmission. 2010 GMC Sierra 2WD equipped with 4.8L Vortec V8 engine and 4-speed automatic transmission. Fuel efficiency and competitive fuel efficiency ratings based on Natural Resources Canada's 2010 Fuel Consumption Guide. Your actual fuel consumption may vary. †US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 GMC Terrain and 2010 GMC Acadia received both a 5-star rating for the driver and front passenger in the Frontal Crash test and for front and rear seat occupants in the Side-Impact Crash test. Side-impact Crash test rating is for a model tested with standard head-curtain side-impact air bags. 2010 GMC Sierra received a 5-star rating for the driver and front passenger in the Frontal Crash test and for front and rear seat occupants in the Side-Impact Crash test. Rollover ratings based on dynamic testing or electronic stability control. Not all vehicles are tested. Visit www.safercar.gov for more information. ‡$2,000 GM Card Max. Redemption Allowance is for new or demonstrator 2010 MY Silverado/Sierra Light Duty Extended and Crew Cab, C/K Models 1SF, 1SB, 1SD (excludes hybrids) delivered after May 1, 2010, while supplies last at participating dealers in Canada. Dealer offer or trade may be required. Eligible customers will vary depending on your dealer's prior selling prices. Employee price discount is available on the purchase/finance of an eligible new or demonstrator 2010/2011 MY Chevrolet/Buick/GMC/Cadillac or 2010 MY Pontiac/Hummer vehicle delivered between 6/23/10 and 9/3/10 at participating dealers in Canada (eligible vehicles: 2010/2011 MY Corvette ZR1, Medium Duty Trucks and G-Vans (passenger, cargo, cutaway), 2011 MY Cruze, Equinox, LaCrosse, Cadillac CTS Coupe and SRX. Dealer order or trade may be required. Limited time offer which may not be combined with other offers. See your dealer for complete details. Dealers may sell for less. Not all customers will qualify. Offers subject to change without notice. **$1,500

MY CUPCAKE WITH COURTNEY

Courtney Love isn't crazy. At least not the Courtney I've been talking to.

Since March, I've spent hours talking with her, both on the phone and face-to-face. Our talks have covered everything from how her new album, Nobody's Daughter, came to be to why her spelling and grammar is so bad when she posts messages to Twitter.

Our last conversation took place in her dressing room well after midnight last Saturday. Hole v2.0 had just played a pretty smokin' set in front of 2,000 adoring fans. Courtney seemed pleased with how the evening went. But then she looked over at a sheaf of papers on the counter and sighed.

"This is what I do. I work on this stuff for 14 hours a day. Then I play a show."

That "stuff" involves her mission to expose what she says is a massive fraud that's been perpetrated upon her and the estate of Kurt Cobain. Few people apparently take her seriously. No one, that is, except Courtney's Twitter Army who are helping to organize and codify pages and pages of evidence.

"I've been putting up documents, powers of attorney and legal papers that clearly show what's happened. How could that be my signature on a document signed in L.A. when I was in New York at the time? How could money be moved in Frances Bean's (her estranged daughter's) name to Geneva and Zurich without me knowing about it?"

She slumps in her chair and starts taking off the night's makeup. "I'm now doing FBI handwriting analysis to prove that those weren't my signatures." She goes on to explain how nine accountants and a bevy of lawyers all managed to divert money into unauthorized places like properties purchased on behalf of a variety of people allegedly named Cobain.

How much money? She quietly mentions a figure of $28 million. "It's probably more. Some of the people involved make Bernie Madoff look warm and fuzzy. I just wasn't good with money. And I had some serious problems at the time this was happening."

She picks up one of the pink frosted cupcakes I brought and takes a bite. The day before was her 46th birthday.

"I'm not crazy, even though people think I am. I'm going to see this through."

I've seen these documents. I believe her. I wish her well.

British support keeps act afloat

We Are Scientists have lived through a decade of messy changes in the music industry American band is more well-known in U.K. than at home

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

A lot can happen in 10 years. Just ask We Are Scientists. When the Brooklyn-based band started playing in 2000 about 15 people attended their gigs. Now they're huge in England, they've played Glastonbury, they've gone from a trio to a duo and they've lived through the music industry's messy changes.

"We were the last band to get an old school style major label deal," says singer Keith Murray. "Now everyone is terrified all the time."

Well, not everyone. We are Scientists may not be a household name in America, but in England Murray gets recognized in bars. That's helped the band stay afloat in this uncertain music business.

"We keep ourselves going with revenue mostly from the U.K.," he says. "We are more than a break even band in the U.S., but we're not worried about whether we'll have enough money to survive."

A lot of American bands are big in the U.K., but, if you didn't know much about the group, you could mistake them for being British. They've charted well there, the NME writes about them as much as any English band, they had a TV show on MTV U.K. and their new studio drummer is Andy Burrows, from British darlings Razorlight.

Murray says their success was more of a right place at the right time thing than anything else. "We just fit in the mainstream then," he says. "They were playing Arctic Monkeys and Killers."

Their music has evolved over the years — they've gone from jangly dance rock to more lush, keyboard influenced sounds — but their latest, Barbara, harkens back to With Love and Squalor, their 2005 major label debut.

The record is filled with infectious dance pop tunes, think Franz Ferdinand or Arctic Monkeys, and even though the new new wave went out of style a few years ago, these songs would still fit in on any radio station playlist.

"The last record was the two of us and we wanted to expand our musical pallet," says Murray, explaining why this album sounds more like their '05 disc. "This one we recorded as a three piece band, and that's really why the record sounds like it does."

▶ We Are Scientists make infectious dance pop.

"We're a pretty frugal band. We're DIY not cause it's a philosophy we adhere too on some punk level — we like doing everything ourselves because this is a cool business to be in."
KEITH MURRAY

drummer's story

- In 2007, just a few days before We Are Scientists were to go on tour, their original drummer Michael Tapper quit the band.
- Tour drumming duties were handled by Gary Powell of Dirty Pretty Things and Adam Aaronson from The High Speed Scene, but they didn't have anyone to record their new record with.
- Keith Murray, the band's singer, says the idea was to have a revolving cast of drummer friends — that included Andy Burrows, Razorlight's timekeeper. But when Burrows quit his band he asked if he could join WAS and they said yes.

What's Canada's favourite festival? Have your say and win one of six great festival packages.

Join the debate and win the experience at westjetfestivals.com
Vote for your favourite Canadian festival. You'll be automatically entered to win one of six great festival packages.
WestJet is proud to be the official airline of Winterlude.

FUN N FESTIVAL SERIES
WESTJET

Cliff still has many rivers to cross

Reggae superstar contemplates his peers, his past, his future and Existence Why he can't stop moving — onstage and in his career.

▶ 62-year-old reggae legend Jimmy Cliff recently finished the concept album Existence.

PAT HEALY
pat.healy@metro.us

Jimmy Cliff refuses to stand still, literally. When the 62-year-old reggae legend performs, he high-steps, skanks, shimmies and grooves like a man one-third of his age, all while hitting the high notes.

"It's a part of me," he says of his movements. "I just can't help that."

Cliff also carries this exuberance into his career. He just finished making a concept album called Existence that will see a fall release.

"I really don't want to live in the past at all," he says. "There is always something new to learn. And what makes it interesting and exciting is some of the audiences I am playing for are all across the board, from really young youths to people of my generation."

"I really don't want to live in the past at all. There is always something new to learn." JIMMY CLIFF

While Cliff wants to keep on moving, he's aware that some fans may need to be reminded of his past. And in doing so, he says he doesn't mind singing classics from his "Harder They Come" era.

"What I feel is that I tuned in to one moment in time where I captured it; what a great piece of music, what a great sound, what great inspiration. That has become kind of timeless," he says. "So I never get bored performing them."

He can see clearly now

A 2010 inductee into the Rock and Roll Hall of Fame, Jimmy Cliff has inspired some of the greats — his songs have been covered by everybody from Cher to Bruce Springsteen to Jerry Garcia. He has also formerly worked with departed legends like Bob Marley and Joe Strummer. Does he ever reflect upon how so many of his peers from days past have passed?

"Yeah, I do reflect on it," he says. "The thing is, I look at it in a way where everybody is on the planet to do something, and those people came to do what they needed and then left. Me, I have not finished what I came to do yet, so I have this burning desire to take my things really higher."

METRO

Walmart launching into movie business

If you watch NBC's The Jensen Project on Friday, you probably won't realize how much the science fiction movie owes to toothpaste and diapers.

The science fiction movie is part of a broader narrative being written by the world's largest retailer and the world's largest consumer products company.

It is produced and bankrolled by Wal-Mart Stores Inc. and the Procter & Gamble Co. as the second of what the companies hope is a long-running series of family friendly programs they will bring to television.

The Jensen Project features LeVar Burton of Roots and Reading Rainbow, with Patricia Richardson of Home Improvement.

The project is a secret community of geniuses formed to solve some of the world's problems, and they must fight to keep a new technology from falling into evil hands.

The companies consider it a perfect movie for parents to watch with their children — without bad language or questionable content. It is material company executives say isn't often available.

NBC welcomes the relationship and "acknowledges that it truly is programming that the entire family can enjoy together."

"We're trying to increase the supply," Stephen Quinn, chief marketing officer at Wal-Mart, said. "Our belief was that the demand was there but the supply was short."

Their first project, the movie Secrets of the Mountain, aired on NBC in April and was seen by a healthy audience of 7.5 million people.

It was subsequently packaged by Wal-Mart to sell in its stores as a DVD and has sold more there than any other television movie, Quinn said.

The Jensen Project will get similar treatment, and the DVD will be paired with a soundtrack produced by Randy Jackson with music from Jordin Sparks and others.

The companies say their own research shows their customers want more family material. What is more important is that consumers have a more favourable view of their products, and a stronger inclination to buy them, if advertisements are associated with family friendly material. And the shows counter an opposing trend: Some consumers notice if a company's ads are seen in racy programming, and advertisers are often targeted when boycott campaigns are launched.

"You've heard of being judged by the company you keep?" said Marc Pritchard, global marketing and brand-building officer at Procter & Gamble, which makes products such as Tide laundry detergent, Crest toothpaste and Pampers disposable diapers. "We're judged by the company we keep."

The companies insist they're not trying to use their muscle to force out more adult-oriented fare.

THE ASSOCIATED PRESS

▶ The Jensen Project is bankrolled by Walmart

Tom Connors finds fresh Stompin' legs

Legendary Canadian musician thinks he's found the man to replace him when he retires ◐ Bringing protege on tour with him this year

Stompin' Tom Connors is still tirelessly burning bright, but he thinks he's found a young artist to carry the torch for him when the time does come to put down his guitar and take off his trademark black hat.

The country-folk legend praises Calgary singer Tim Hus as a rare kindred spirit who carries Connors' appreciation for storytelling grounded in a specifically Canadian perspective.

"I can't say enough about Tim," Connors said in a telephone interview from his home in Halton Hills, Ont.

"What he's doing that I don't see a lot of them doing is writing songs about Canada, and things that he knows about, and singing them with heart.

"So he looks like the guy that I wouldn't mind passing the torch on to. As far as I'm concerned, because of what he's doing and the heart that he's putting into it, he's on the top of the heap for me."

Connors will take Hus with him when he launches his upcoming summer tour in Thunder Bay, Ont., on July 31. The tour will take him through Manitoba, Saskatchewan, Alberta and B.C., wrapping up after 13 dates on Sept. 4.

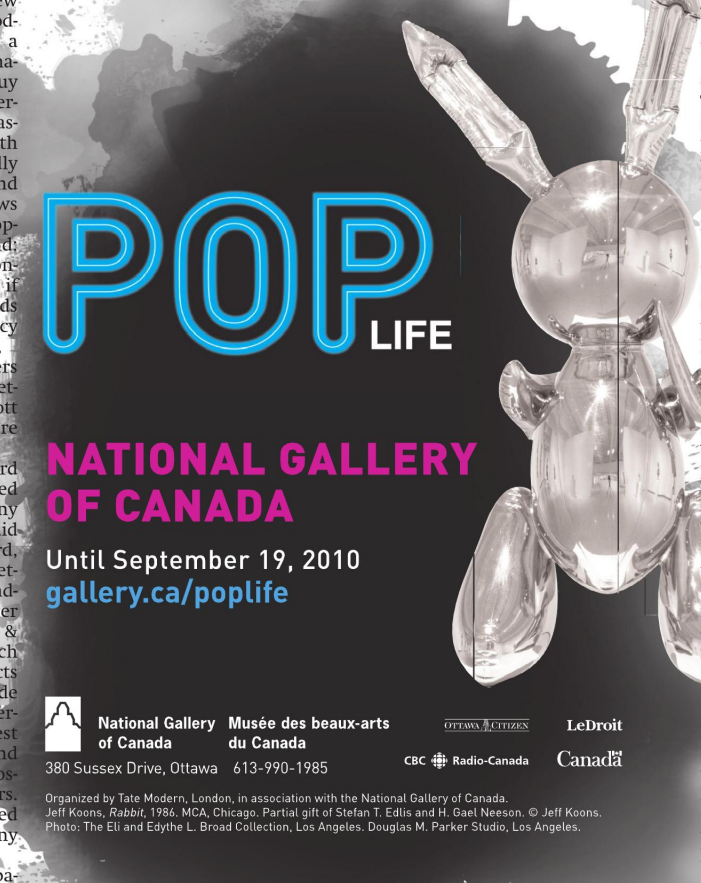
"I just wait for every spring and say to myself: 'Well, do I feel like going this year or don't I?'"
STOMPIN' TOM CONNORS

This trip will take Connors to the areas he missed on last year's East Coast tour, and he'll mark his first sojourn to B.C. in six years. But while the 74-year-old tries to tour every year, he's not making any promises yet about next year.

"Well, when you're my age ... when the bones get a little brittle, I just wait for every spring and say to myself: 'Well, do I feel like going this year or don't I?'" Connors said.

"I make my determination usually in the spring of the year."

He is planning on beginning work on the followup to 2008's Ballad of Stompin' Tom this fall, with the aim of releasing something new around next summer. And he hopes to gather inspiration during the long, winding drives through the Prairies. THE CANADIAN PRESS



Perry no Friend of movie

Be a pal and stop asking Matthew Perry about the Friends movie.

The Canadian actor has griped on his Twitter account about the endless questions he gets about a possible reunion of the popular NBC sitcom, which wrapped its 10-season run back in 2004.

Entertainment Weekly recently ran a story speculating on the possibility of the show's cast reuniting for a film, the latest bit of news to encourage fans who have hungered for more. But early Monday morning, Perry retweeted a Twitter user who instructed other fans to stop asking the Ottawa native about Friends.

"It's over and he's moved on. So should you," the fan tweeted, adding a four-letter expletive for emphasis.

Perry appreciated the fan's message, although he thought the "'f off' may be a tad strong."

THE ASSOCIATED PRESS

▶ Matthew Perry return to the small screen in Mr. Sunshine

7th heaven

Metro pick

FILE PHOTOS

▶ Who'd win in a screaming match?

Gibson vs. Bale

Celebrity
They both had notorious outbursts, and now Christian Bale and Mel Gibson are facing off in cyberspace with their own mash-up video. It features excerpts from the recently releases Gibson phone tapes, and Bale's angry tirade on the Terminator set. We've included a link at metronews.ca/7thheaven, but be warned — the language is pretty graphic.

Hello Kitty

Pop Culture
Believe it or not, but everyone's favourite Japanese export is celebrating her 35th anniversary this year. Lady Gaga recently did a photo shoot wearing a Hello Kitty-inspired outfit for Bravo (it apparently features 50 pounds of crystals and you can watch a behind-the-scenes video on metronews.ca/scene). For those looking for a less blingy way of celebrating, Flik Flak will release a selection of brightly coloured Hello Kitty watches this falls.
flikflak.com

Joe Fresh's bath collection

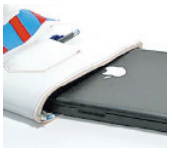
Beauty
The popular brand has expanded again, this time into the world of bath products. Joe Fresh recently unveiled a $2 line of glycerin soaps available in six scents — the bars look vibrantly colourful, too. Also introduce? A selection of body butters enriched with Vitamin E. Both are available in a variety of scents, including nectarine, lime, and pomegranate.
Joe.ca

Timothy's Fruit Smoothies

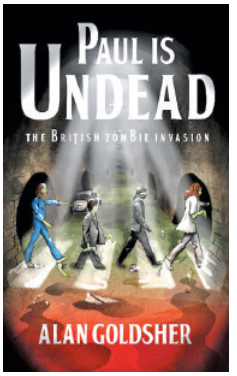
Food
Acai Berry's rise to the top of the food chain continues, this time at Timothy's World Coffee. The superfood is headlining a new line of fruit smoothies at the coffeehouse, with other flavours available in Mango, Strawberry-Banana, and Four Berries.

9-5 Laptop Sleeve

Tech



Looking for a way to stand out from all the suits and skirts in your office? Maybe just want to add a bit of personality to that otherwise serious office look? This shirt-and-tie laptop sleeve from Barry's Farm keeps things formal, but with a hint of whimsy that will make an impression. It even comes with a real pocket to hold that pencil and pen. $35 US.
barrysfarm.net



Sci-fi remixes

Books
Blame the popularity of vampires for somehow made their way into Leo Tolstoy's classic novel — and Paul is Undead, which reinterprets The Beatles as the walking dead. Oh, and did we mention Yoko Ono is actually an eighth-level ninja!

Cop-out

DVD
The Bruce Willis and Tracy Morgan buddy cop film hits stores on Tuesday. Kevin Smith directed the duo, and the release features never-before-seen this one. It seems all the ghouls, ghosts and sci-fi mainstays are coming out of the literary closet. The newest lot to hit shelves include Android Karenina — where robots have outtakes and extras, as well as a picture-in-picture featuring Smith and Sean William Scott.
METRO NEWS SERVICES

UNTANGLE LIFE'S CHALLENGES
• SUPPORT FOR SENIORS • FINANCIAL ISSUES • COPING WITH DISABILITIES • STRESS AND BEREAVEMENT • EMOTIONAL HEALTH • SETTLEMENT SERVICES •
DIAL
211
Connecting you to a full range of non-emergency community, social, government and health services
• FREE • CONFIDENTIAL • MULTILINGUAL • OVER 150 LANGUAGES
www.211ontario.ca

Mix of Six

Free Hugs in the ByWard Market
Kraft Peanut Butter Bears Smoothie and Crunchy will be giving out free bear hugs in an effort to relieve hunger at the By-Ward Market (the corner of ByWard Market Square and George Street) Saturday in an effort to relieve hunger. For every hug given, Kraft Peanut Butter will donate one jar of peanut butter to The Ottawa Food Bank. Saturday, 11 a.m. to 4 p.m., ByWard Market.

It's Only a Paper Moon...
An exhibition entitled It's Only a Paper Moon… at the Wall Space Gallery in Westboro features works of paper by Alexandra Chowaniec among others. Opens Saturday at Wall Space Gallery, 358 Richmond Rd.

Bring on the Bay
Bring on the Bay, a 3K open water swim, is a fundraiser for Easter Seals Ontario. The event, which starts at the Nepean Sailing Club and ends at the Britannia Yacht Club, features pre- and post-race activities and awards. Saturday, Britannia Bay.

Touch a Truck
Explore the mighty machines, beep horns, pull sirens and explore the inside of your favourite rig at the Touch a Truck event, in support of Mothercraft-Ottawa. Sunday, 9 a.m. to 2 p.m., Lincoln Fields Shopping Centre.

South Asian Festival
In its second year, the South Asian Festival is back at Confederation Park at Elgin Street at Laurier Avenue. Saturday, Confederation Park.

Bluesfest
Highlights this weekend include Great Big, Stars and Keith Urban, Weekend, Lebreton Flats Park.

MIDEARTH TRAVEL
738 Bronson Ave. 613-236-5226
224-6 Hunt Club Rd. 613-236-2323
www.midearth.ca

NEW YORK CITY FUN
3 Days, NYC and Woodbury Outlets
Every Saturday departure
from $179

TORONTO - NIAGRA FALLS
2 day trip, 1000 Islands Cruise,
Toronto & Niagra Falls. Weekly departures
from $109

QUEBEC CITY & WHALE WATCHING
Quebec City & Montreal
Two day bus tours
from $119

USA 4-DAY BUS TOUR
NYC - Washington DC – Atlantic City
Every Saturday departure
from $209

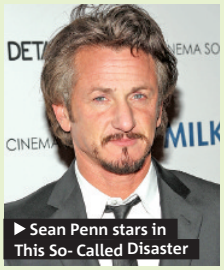
All including Bus & Hotel

SPECTRA SONIC PRESENTS
PUNK OTTAWA .com TICKETWEB ticketmaster VERTIGO RECORDS

NORM MACDONALD
THURSDAY SEPTEMBER 23
BRONSON CENTRE THEATRE
AA

TONIGHT! 07/16 - GBH @ MAVERICKS • 07/23 - HIGH ON FIRE, PRIESTESS, SKELETONWITCH @ CAPTIAL MUSIC HALL • 07/23 - THE CLICKS, HUNTER VALENTINE @ MAVERICKS • 07/26 - THE GHOST INSIDE @ MAVERICKS • 07/30 - KELE (BLOC PARTY) @ CAPTIAL MUSIC HALL
FOLLOW SPECTRASONIC ON twitter AND facebook WWW.SPECTRASONIC.COM FOR A FULL LIST OF SHOWS
ALL DATES, ACTS, VENUES & TICKET PRICES SUBJECT TO CHANGE WITHOUT NOTICE • A SERVICE CHARGE IS ADDED TO EACH TICKET
AA = ALL AGES • 19+ = LICENCED, PHOTO I.D. REQUIRED • TICKETS AVAILABLE AT VERTIGO (193 RIDEAU), OTTAWA FOLKLORE CENTRE (1111 BANK), TICKETWEB.CA AND TICKETMASTER (BRONSON CENTRE / CAPITAL MUSIC HALL / FIRST BAPTIST CHURCH SHOWS)

TV Picks



▶ Sean Penn stars in This So- Called Disaster

Shepard doc based on dad

DOCUMENTARY This So-Called Disaster is a critically acclaimed, behind-the-scenes documentary on rehearsals for Sam Shepard's play, The Late Henry Moss. Shepard wrote the staged piece and based part of it on the life of his alcoholic father. Cast members in the play include Nick Nolte, Sean Penn, Woody Harrelson and Cheech Marin. (Saturday, Sundance Channel)
HE CANADIAN PRESS

Starring role

NEW ROLE Kellie Martin — who played Corky's sister, Becca, on the series Life Goes On — stars in the new TV movie The Jensen Project. (Friday, NBC)
THE CANADIAN PRESS

The Gates is full of secrets

NEW SERIES The Gates taps into some of TV's biggest trends, with its vampires and werewolves, its idyllic neighbourhood setting and its fetching characters who harbour loads of secrets. (Sunday, ABC) **THE CANADIAN PRESS**

New characters

▶ Paquin

SNEAKPEAK Speaking of vampires and werewolves, True Blood sees Sookie and Alcide getting advice from an expert on what to do about Russell. (Sunday, HBO Canada, The Movie Network, Movie Central)
THE CANADIAN PRESS

Degrassi tackles transgender storyline this season

Popular teen TV drama known for pushing the limit with topics like unplanned pregnancy, underage drinking and angst-ridden rebellion, enters unchartered territory on Monday.

Degrassi marks a decade of unexpected pregnancies, underage drinking, broken hearts and general angst-ridden rebellion with a new season Monday that introduces its first transgender character.

The Canadian teen drama promises to enter uncharted ground with a storyline in which a new student, Adam, presents himself as a boy even though he was born a girl.

"I can truly say that when we decided to do this episode we realized this is brand new territory for us," says producer, director and actor Stefan Brogren, whose character Mr. Simpson returns as school principal.

"We've never even tried to breach this subject before. Of course we've dealt with gay and lesbian stories but you can't approach this the same way."

The new student is played by former Life With Derek star Jordan Todosey, a bubbly 15-year-old who says she had to chop off long blond locks, darken her hair and adopt a more boyish swagger to pull off the role.

> **"I can truly say that when we decided to do this episode we realized this is brand new territory for us."**
> **STEFAN BROGREN, DEGRASSI ACTOR**

"The writing is good, they really go there with that kind of stuff and I think that this character can really speak for anybody who is outcast or bullied or transgender or anything like that," Todosey said from the Toronto set earlier this year, after shooting a violent confrontation with school bullies.

"I really hope the fans like Adam."

Such delicate topics are certainly not new for the long-running franchise, which began as The Kids of Degrassi Street in 1980, and was followed by Degrassi Junior High, Degrassi High and Degrassi: The Next Generation.

Degrassi High famously sparked controversy in the United States when a preg-

THE CANADIAN PRESS

▶ Actor Jordan Todosey is shown in a scene from Degrassi.

nant character battled past protesters at an abortion clinic. Canadian viewers saw the full episode but U.S. viewers got an edited version that left it unclear whether she went through with the procedure.

THE CANADIAN PRESS

TASTEFULLY IRISH
D'Arcy McGee's
primepubs.com

SPATEN is available on tap exclusively at Prime Pubs. Try a pint with a selection from our delicious Summer Menu. Only from June 21 until September 5th.

Wednesday Night
East Coast Kitchen Party.
$4.99 (20 oz.)
Keith's IPA
and Keith's Red
3 litre table keg
to share
$19.99

Double pints.
5 p.m. to close
Live music.
Every Thursday.
Friday nights are going to be so jealous.
$10.49
Double pints
$5.49
20 oz. pints
Live acoustic music

2 Pint Fridays
4 p.m. to 6 p.m.
Yes, the most beautiful thing in the world is Irish math.

2 pints of beer for $9.99
Guinness® Harp® Kilkenny® or Smithwicks®

Please visit **darcymcgees.com** to find your local pub.
Prices may vary by location. Plus applicable taxes. D'Arcy McGee's is a registered trade-mark of PRC Trademarks Inc. Used under licence
© 2010 Prime Restaurants of Canada Inc.

BETTER THAN BOXING DAY SALE!
SALE EXTENDED!
schad
schad + schad blü
All Summer 2010 Stock..... 50% off
All Premium Denim..... 30% to 50%
All Footwear..... 50% off
Selected Canada Goose Parkas..... 50% off
All Ed Hardy + Affliction..... 70% off
All Summer + Fall 2009 Stock.... 50% to 80%
*Few Exceptions
Join Our Fan Page on Facebook!
527 + 521 Sussex Drive Ottawa . ON . K1N 6Z6
www.schad.ca

Ottawa Folk Festival
OTTAWA FOLK FESTIVAL
BUY TICKETS
UNDER 16 FREE!
TICKETBREAK.COM 1-866-9-GET-TIX
THE OTTAWA FOLKLORE CENTRE
TEN THOUSAND VILLAGES WESTBORO
ALL CD WAREHOUSE LOCATIONS
WWW.OTTAWAFOLK.ORG
AUGUST 13-15
BRITANNIA PARK
OTTAWA, ON

Friday
CUPE Mainstage: Folka Voca • Jon Brooks • The Acorn • Rock Plaza Central
GALAXIE Dance Tent: Arrested Development • Bruce Peninsula • The Foggy Hogtown Boys • Hoots & Hellmouth

Saturday
CUPE Mainstage: Tone Cluster • Galant, tu perds ton temps • LAU • Carolyn Mark & the New Best Friends • Jim Bryson & The Weakerthans Band • Calexico
GALAXIE Dance Tent: Frank Turner • Tanya Tagaq with Jesse Zubot & Jean Martin • Namgar • The Hidden Cameras

Sunday
CUPE Mainstage: Ladies of the Canyon • Terry Penner Festival Choir • Horse Feathers • Bahamas • Jenny Whiteley • Ramblin' Jack Elliott • Jim Cuddy Band
GALAXIE Dance Tent: The Old Sod Band • Terry Gillespie • The Mighty Popo • Delhi 2 Dublin

TICKET BREAK wall stave's Big Rock BREWERY CROWNE PLAZA Ottawa GALAXIE Ontario metro BIRDDOG CUPE·SCFP Canadian Heritage Patrimoine canadien Government of Canada Gouvernement du Canada

Top sellers

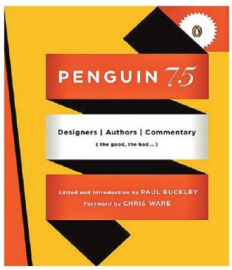
The Girl Who Played With Fire tops Amazon.ca fiction list for the week ending July 13. Steig Larsson round out the top three as well. Here's the Top 10 best sellers in fiction:

- The Girl Who Played with Fire - Stieg Larsson (paperback)
- The Girl Who Kicked the Hornet's Nest - Stieg Larsson (hardcover)
- The Girl with the Dragon Tattoo - Stieg Larsson (paperback)
- The Secret Daughter - Shilpi Somaya Gowda (paperback)
- The Passage - Justin Cronin (hardcover)
- The Help - Kathryn Stockett (hardcover)
- Sookie Stackhouse Set - Charlaine Harris (paperback)
- One Day - David Nicholls (paperback)
- The Thousand Autumns of Jacob de Zoet - David Mitchell (hardcover)
- The Forgotten Garden - Kate Morton (paperback)

THE CANADIAN PRESS

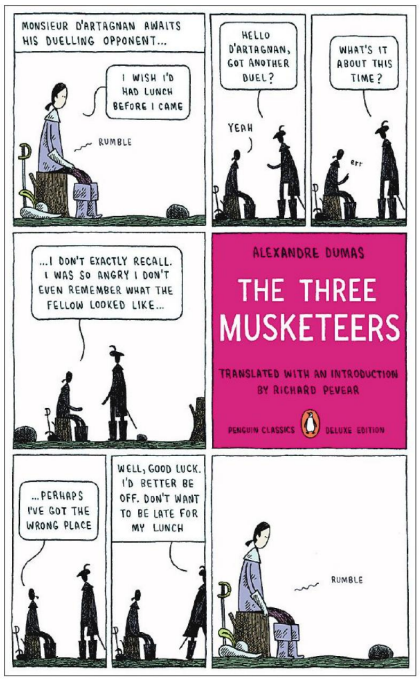
Judging a book by its cover

Art director Paul Buckley on what makes great jacket art ◆ He shows off his current favorites ◆ Intrigued? Learn more about the creative process in Penguin 75



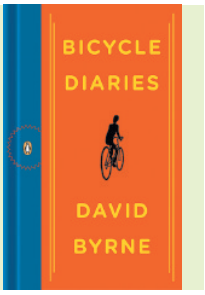
Just what makes a book cover stand out on a crowded shelf? In the new retrospective Penguin 75: Designers, Authors, Commentary (the Good, the Bad…), longtime Penguin art director Paul Buckley tries to answer that exact question. The book features some of company's best covers with commentary by the artists, authors, editors and designers behind the creative process. Buckley shares his favorites with Metro.

"In book design, one needs a very thick skin or you will quickly become a Lewis Black stage act." PAUL BUCKLEY



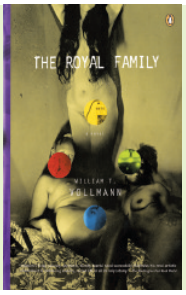
The Three Musketeers
"Even though we all think of this story as an energetic, swashbuckling buddy story, (designer and illustrator) Tom Gauld chose to turn that on its head and went brilliantly deadpan with it instead."

PLAY TODAY
TONIGHT'S JACKPOT IS AN ESTIMATED
$50 MILLION
PLUS MAXMILLIONS
Winning happens! Ontario sold 43 MAXMILLIONS prize winning tickets last month!
10 x $1 MILLION
Estimated Prizes
Lotto MAX
Know your limit Play within it
knowyourlimit.ca
olg.ca
1-800-387-0098
OLG



Bicycle Diaries
"I'm fond of this cover for its simplicity — and hell, because it allowed me to meet with David Byrne, which is much more fun than I generally have."

ILLUSTRATOR: DAVID BYRNE, DESIGNER, ART DIRECTOR: PAUL BUCKLEY



The Royal Family
"I love the insanity of this cover. (Photographer William T.) (The story behind it) alone is worth the price of the book. Buy! Buy!"

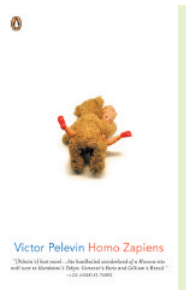
PHOTOGRAPHER: WILLIAM T. VOLLMANN
DESIGNER, ART DIRECTOR: PAUL BUCKLEY

Philosophy in the Boudoir
"I'm proud of this cover because it is so absolutely dirty, and someone actually let me put this image on a book cover. Uh-oh, I see a pattern emerging here..."

DESIGNERS: PAUL BUCKLEY/TOMER HANUKA, ILLUSTRATOR: TOMER HANUKA, ART DIRECTOR: PAUL BUCKLEY

Everything Matters
"I like this cover a lot. As the hardcover (image) always felt wrong to me, it was great that we got to right that wrong when the book went into paperback. And actually fitting 12 quotes on a paperback front cover must be a world record."

DESIGNER, ILLUSTRATOR: ISAAC TOBIN
ART DIRECTORS: ROSEANNE SERRA AND PAUL BUCKLEY



Homo Zapiens
"This cover just always cracks me up. Who doesn't smile every time they see a stuffed bear and a doll shagging?"

DESIGNER, ILLUSTRATOR: DARREN HAGGAR
ART DIRECTOR: PAUL BUCKLEY

Buckley on the best ... and worst

"The best aspect of my job is that every book is different and offers different art and design possibilities," says Buckley. "The worst aspect of my job is that some folks do not support exploring different and unique art and design possibilities — every day is a roller coaster ride of opinions; some helpful and some so banal you want to poke your own eyes out."

STOCK ACCOUNTANT SURVEY RESEARCH ANALYST

to start from general accounting function to include, but not limited to entry and bookkeeping, maintenance of books and ledger. Financial report and analyst.

Send resume to: ivanbart101@hotmail.com

CROSSTOWN TRAFFIC
BOOKS
PIPES
DVDs

2 LOCATIONS:
593 Bank St.
in the Glebe
613-234-1210

396 Athlone Ave.
in Westboro
613-728-4800

OLG Slots at Rideau Carleton Raceway - Your Mini Holiday!

GOLD RUSH Fever

JULY 19 - AUGUST 15

YOU COULD WIN

$20,000

IN CASH

PLUS there's lots of winners and prizes to be won every week, including an ounce of gold!

Visit the Winner's Circle Rewards desk for full details.

Exciting Slots • Casual Dining • Fun Promotions • Lots of Winners!

knowyourlimit.ca

FREE BALLOT

Bring this coupon to the Winner's Circle Rewards desk at OLG Slots at Rideau Carleton Raceway from 9 am on July 19 to 10 pm on August 15, 2010 to receive a qualifying draw ballot for your chance to attend the Grand Prize Event on August 25, 2010 where you can win $20,000 cash!

Do not have to be present at time of qualifying draw to win.

OLG Slots at Rideau Carleton Raceway
4837 Albion Road, Ottawa, Ontario
(613) 822-8668 or 1-877-870-7586
Open 24 hours a day, seven days a week

olg.ca

OLG Slots AT RIDEAU CARLETON RACEWAY
Your mini holiday.

Must be 19 years of age or older. Valid government-issued photo identification may required. No purchase necessary. Chances of winning depend on number of eligible entries received. Limit redemption of one (1) newspaper coupon for an entry ballot per person, per promotional day during the promotional period. Mechanical and/or hand drawn facsimiles are accepted. Prize amount is in Canadian funds. Contest closes at 10 pm on August 15, 2010. Please see the Winner's Circle Rewards desk for complete rules and regulations. Patrons with self-excluded or trespassed status as determined by OLG, will not be eligible to participate in this or any OLG Slots & Casinos promotion. Any self-excluded person detected at a gaming property will be removed and trespassed. Pour renseignements en français, adressez-vous à un des représentants de Récompenses du Cercle des gagnants.

Shaq, Bieber set to face off

Shaquille O'Neal is competing far outside his weight class in the second season of Shaq Vs.

ABC announced that Justin Bieber is among those the NBA star will face off with in his reality competition series. O'Neal will visit the much smaller 16-year-old pop star and join in a dance crew competition.

The second season of Shaq Vs. will take the focus off athletic competitions. O'Neal will have a cook-off with Rachael Ray and a hot dog-eating contest with Joey Chestnut.

"I'm out to prove that I can compete beyond athletics. ... There's no challenge bigger than me."
SHAQUILLE O'NEAL

THE ASSOCIATED PRESS

Osbourne splits with fiancé

Kelly Osbourne and her 20-year-old fiancé, model Luke Worrall, have reportedly split over talk of him cheating, according to People magazine.

METRO WORLD NEWS

Aniston seen with male pals

Jennifer Aniston has been hitting the town recently with a number of male pals, according to Just Jared. She was spotted out with True Blood star Chris Gartin. METRO WORLD NEWS

Lawsuit against Seagal dropped

Sexual harassment allegations forced end to action star's reality show ◐ No reason given for dismissal

YURI SAMOLIGO/THE ASSOCIATED PRESS FILE PHOTO

▶ Steven Seagal

Court records show a $1 million sexual harassment lawsuit filed by a former assistant against actor Steven Seagal has been dismissed in Los Angeles.

Kayden Nguyen had claimed Seagal forced her to stay in a Louisiana home and that the action star repeatedly fondled her. The allegations led to the suspension of filming on the reality series Steven Seagal Lawman'

No reason was given for the dismissal granted Tuesday. Seagal's attorneys had been trying to resolve the case through private arbitration.

Attorneys for Seagal and Nguyen did not immediately return phone messages Wednesday.

Seagal had denied the allegations through his attorney. THE ASSOCIATED PRESS

Celebrity tweets

Joe Jonas [@joejonas] Dont you Hate when You find a dinosaur in your backyard...

Jamie Kennedy [@Jamie-Kennedy] I don't know why I was killed in scream 2. Its jus happened. I didn't write script.

Pink [@Pink] There are many pink impersonators on facebook. If you hear from any of them- its NOT ME. But tell them I said "Hi" anyways.

Carrie Fisher [@CarreFFisher] here's my weight loss secret from someone you wouldn't ever think to ask- run on the tread-mill first then get on the elliptical. you'll feel like you've come home from a long battle in the Sudan.

METRO WORLD NEWS

Letterman has some fun with Bristol & Levi

CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

▶ Levi Johnston

David Letterman finds the Bristol Palin-Levi Johnston engagement announcement irresistible as monologue fodder.

But the late-night host, who ran afoul of the Palin family last year with a misfired joke, took it relatively easy on the young couple on Wednesday's Late Show.

Letterman joked that Johnston will arrive for the wedding tied to "Sarah Palin's pickup." He also wisecracked that Bristol Palin made the announcement on an "hour-long ESPN special," a reference to the channel's show on LeBron James.

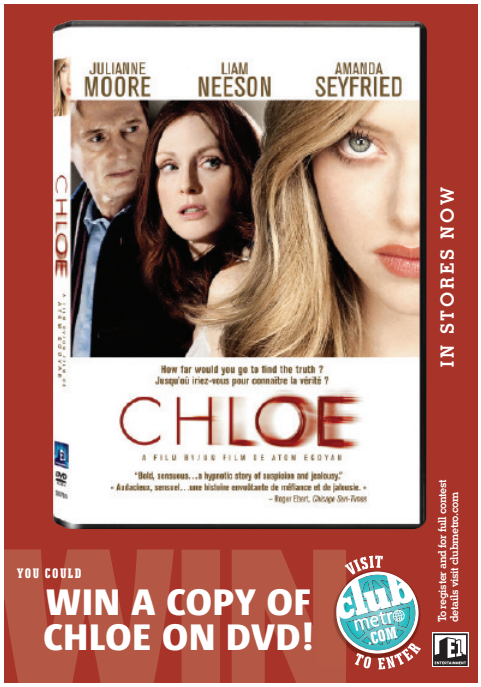
Letterman's final Palin joke poked fun at himself. Last year, he apologized to the Palins for a ribald joke involving one of their daughters.

THE ASSOCIATED PRESS

Smother-in-law

Levi Johnston may have rekindled his romance with Bristol Palin, leading to their recent engagement, but future mother-in-law Sarah Palin won't be so easy to win back, sources tell Naughty But Nice. Levi did everything he could to destroy Sarah and her family. "He may have won Bristol back, but he will never gain the trust of Sarah. She doesn't forgive and forget," a source says.

METRO WORLD NEWS



Dig into some super slaws

Not just your mayo-covered salad anymore Healthy slaw alternatives are a great summer option Apple and Celeriac Slaw or Beet Slaw, go to our website for other recipes

Coleslaw doesn't have to be a mayonnaise-laden mess of shredded cabbage and carrots.

The following recipes are great simple summer salads that will bring pops of flavour and colour to any picnic or barbecue.

The easiest way to shred the vegetables is to use a box grater, a mandoline or a food processor (with the shredder disc).

Preparation:

1. In a large bowl, toss together salad ingredients.
2. In a small bowl, whisk together dressing ingredients.
3. Dress salad just before serving and toss to coat.

THE ASSOCIATED PRESS

Ingredients :

Salad

- 1 fennel bulb, fronds removed, shredded
- 500 ml (2 cups) pea shoots
- 2 scallions, thinly sliced
- 375 ml (1 1/2 cups) seedless green grapes, quartered
- 30 ml (2 tbsp) fresh mint leaves, minced

Dressing

- 30 ml (2 tbsp) white balsamic vinegar
- 15 ml (1 tbsp) extra-virgin olive oil
- 5 ml (1 tsp) Dijon mustard
- 10 ml (2 tsp) agave nectar
- 1 ml (1/4 tsp) salt
- 1 ml (1/4 tsp) ground black pepper

More coleslaw recipes at metronews.ca/food

6 portions
Prep time:
15 min. .

LARRY CROWE/THE ASSOCIATED PRESS

▶ Fennel, Pea Shoot and Green Grape Slaw

3 life

ScanLife

Find out why the hamburger industry is sizzling this summer.

THE VIDEO EVERYONE'S TALKING ABOUT

Visit metronews.ca to watch metrotube

NOT JUST A CLUB, IT'S THE CLUB.

JOIN CLUB METRO TODAY!
CLUBMETRO.COM

club metro

United TESOL
International College of Teacher Training

Let Teaching Take You Around the World!

Get TESOL Certified
Summer Course:
July 20th-25th

Limited seats left | Payment plan available
NO DEGREE REQUIRED!

613-562-8370

Teach in: Costa Rica, Japan, Cambodia, Brazil, Tanzania, Spain, Colombia, Peru, Egypt, China, Poland, etc...

Ask about our "Beat the Tax" promotion!

4 sports

Quoted

"LeBron's teammates didn't help him out that game and it made the way he played even worse. But he's not a quitter. He didn't quit."

DWYANE WADE, DEFENDING NEW TEAMMATE LEBRON JAMES FROM ALLEGATIONS HE QUIT IN THE PLAYOFFS.

Cavendish wins after wild sprint

Mark Renshaw was expelled from the Tour de France for illegally headbutting a rival in a frenzied final sprint of the 11th stage won by teammate Mark Cavendish on Thursday.

Andy Schleck of Luxembourg retained the overall lead, cruising into the finish in the pack after riding part of the stage discussing a vacation with his main rival for the title — defending champion Alberto Contador.

Renshaw, Cavendish's lead-out man on HTC Columbia, rammed his head three times into the shoulder of Julian Dean of New Zealand — the lead-out man for Tyler Farrar on Garmin-Transitions — in an apparent bid to push him out of the way during the final sprint. Dean was leading the pack at the time.

"This is cycling, it's not wrestling," course director Jean-Francois Pescheux said. He added removing Renshaw was "severe" punishment, but that his violation was "flagrant."

"There are rules to respect," he said.

After reviewing video of the sprint finish, the race jury said Renshaw was "removed from the competition for a particularly serious case." They also said he was fined 200 Swiss francs ($198) for a grave case of "irregular sprint." Cycling's governing body UCI is based in Switzerland.

THE ASSOCIATED PRESS

A record day for Old Course

Rory McIlroy, 21, posts a 63 to match lowest score ever at a major

STUART FRANKLIN/GETTY IMAGES

▶ Rory McIlroy lines up a putt on Thursday.

In the 137 years since the British Open first came to St. Andrews, the Old Course rarely has been such a pushover. Rarer still was the score Rory McIlroy delivered.

Whether it was the luck of the draw or his tantalizing talent really didn't matter.

In conditions so calm that not a hair on his considerable mop was out of place, McIlroy set off on an incredible run into the record book Thursday with a 9-under 63 that gave him a two-shot lead.

"Going out there this morning with no wind, you're never going to get St. Andrews playing any easier," McIlroy said.

It was just as easy for John Daly, a former champion at St. Andrews and now the ultimate long shot. He first energized the gallery by bashing tee shots and making enough birdies for a 66, matching his best score in the British Open.

And it was just as easy for Tiger Woods, who ran off three straight birdies late in his round for a 67.

There were 45 rounds in the 60s, 73 players broke par and the average score was under par — 71.75. Mike Weir of Bright's Grove, Ont., was among those who didn't get in on the action, firing a 73.

On the other hand, no one took advantage like McIlroy, a 21-year-old from Northern Ireland with a game beyond his years. His 63 tied the lowest score in any major, and it was only the second such score at St. Andrews. THE ASSOCIATED PRESS

Morneau still sidelined

Hoping to use the all-star break as a slump-busting springboard, the Minnesota Twins must start the second half without Justin Morneau.

The big-swinging first baseman from New Westminster, B.C., was out of the lineup again, still recovering from the effects of a concussion. He said before Thursday night's game against the Chicago White Sox that he will probably land on the disabled list.

"It's a lot better than it was, especially the last few days," Morneau said inside the clubhouse. "Woke up this morning feeling pretty good. We did 25 minutes on the elliptical and felt pretty good. But as the day has gone on, the plan was to try and come in and hit today. We decided not to do that with what we did this morning."

Manager Ron Gardenhire said the team would wait to make a decision until before Friday's game.

THE ASSOCIATED PRESS

Sports in brief

Henry ends French career

SOCCER. Thierry Henry is retiring from the French soccer team. The 32-year-old forward announced his decision Thursday at the offices of The Associated Press before a news conference to discuss his signing with Major League Soccer's New York Red Bulls. Henry had a French record 51 goals in 123 international appearances.

Warriors fetch record price

NBA. Golden State Warriors owner Chris Cohan reached an agreement Thursday to sell the franchise for a record $450 million US to Boston Celtics minority partner Joe Lacob and Mandalay Entertainment CEO Peter Guber. The old record was $401 million for the Phoenix Suns in 2004. THE ASSOCIATED PRESS

HRISTIAN PETERSEN/GETTY IMAGES

▶ Paul Pierce is staying in Boston.

Pierce not ready to break up Big Three in Boston

Paul Pierce never planned to leave Boston when he opted out of the final year of his contract. He just wanted to help the Celtics find him some teammates.

That decision became more important when a new challenge emerged to the Celtics' hopes of repeating as Eastern Conference champions: The Miami Heat, with LeBron James, Chris Bosh and Dwyane Wade.

"I never thought once about leaving the Celtics," Pierce said Thursday when the team announced he had signed a four-year deal. "I wanted this team to get better, knowing we didn't win a championship. ... Also, I wanted to ensure that I had a chance to retire as a Celtic."

Since losing the NBA final in seven games to the Los Angeles Lakers, Boston re-signed Ray Allen, who will be 35 on Tuesday, to a two-year contract and gave free agent centre-forward Jermaine O'Neal, 31, a two-year deal. Kevin Garnett, 34, also has two years left on his contract. Those three, plus Pierce, 32, have a total of 54 seasons of NBA experience.

At times, the Celtics seemed too old to go far in the playoffs, especially when they went 27-27 in their last 54 games last season. But they surprised the doubters.

They overcame that underdog status, so retaining it doesn't bother Pierce one bit.

"We relished that role this year," Pierce said in a conference call. "It really doesn't matter. You've got to show it on the court."

On paper, he said, the Heat are the team to beat in the East.

"You've got to expect going into the season, when you've got the calibre of players they have that they're going to definitely be the favourite along with the Lakers," he said.

Pierce's old contract would have paid him $21.51 million US next season. The Celtics didn't disclose the value of the new deal, agreed to last week, but the Boston Herald said it was $61 million.

THE ASSOCIATED PRESS

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	56	32	.636	-
TAMPA BAY	54	34	.614	2
BOSTON	51	38	.573	5.5
TORONTO	44	45	.494	12.5
BALTIMORE	29	59	.330	27

AL CENTRAL

	W	L	Pct	GB
CHICAGO	49	38	.563	-
DETROIT	48	38	.558	.5
MINNESOTA	46	42	.523	3.5
KANSAS CITY	39	49	.443	10.5
CLEVELAND	34	54	.386	15.5

AL WEST

	W	L	Pct	GB
TEXAS	51	38	.573	-
LOS ANGELES	47	44	.516	5
OAKLAND	43	46	.483	8
SEATTLE	35	53	.398	15.5

Thursday's results

Texas 7 Boston 2

Chicago White Sox at Minnesota
Seattle at L.A. Angels

Friday's games

Tampa Bay at N.Y. Yankees, 7:05 p.m.
Toronto at Baltimore, 7:05 p.m.
Detroit at Cleveland, 7:05 p.m.
Texas at Boston, 7:10 p.m.
Chicago White Sox at Minnesota, 8:10 p.m.
Oakland at Kansas City, 8:10 p.m.
Seattle at L.A. Angels, 10:05 p.m.

Saturday's games

Tampa Bay at N.Y. Yankees, 4:10 p.m.
Toronto at Baltimore, 7:05 p.m.
Detroit at Cleveland, 7:05 p.m.
Chicago White Sox at Minnesota, 7:10 p.m.
Texas at Boston, 7:10 p.m.
Oakland at Kansas City, 7:10 p.m.
Seattle at L.A. Angels, 9:05 p.m.

Sunday's games

Tampa Bay at N.Y. Yankees, 1:05 p.m.
Detroit at Cleveland, 1:05 p.m.
Texas at Boston, 1:35 p.m.
Toronto at Baltimore, 1:35 p.m.
Chicago White Sox at Minnesota, 2:10 p.m.
Oakland at Kansas City, 2:10 p.m.
Seattle at L.A. Angels, 3:35 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	53	36	.596	-
NEW YORK	48	40	.545	4.5
PHILADELPHIA	47	40	.540	5
FLORIDA	42	46	.477	10.5
WASHINGTON	39	50	.438	14

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	49	41	.544	-
ST. LOUIS	47	41	.534	1
MILWAUKEE	40	50	.444	9
CHICAGO	39	50	.438	9.5
HOUSTON	36	53	.404	12.5
PITTSBURGH	30	58	.341	18

NL WEST

	W	L	Pct	GB
SAN DIEGO	51	37	.580	-
COLORADO	49	39	.557	2
LOS ANGELES	49	39	.557	2
SAN FRANCISCO	47	41	.534	4
ARIZONA	34	55	.382	17.5

Thursday's results

Atlanta 2 Milwaukee 1
Philadelphia at Chicago Cubs
L.A. Dodgers at St. Louis
N.Y. Mets at San Francisco

Friday's games

Philadelphia at Chicago Cubs, 2:20 p.m.
Houston at Pittsburgh, 7:05 p.m.
Washington at at Florida, 7:10 p.m.
Colorado at at Cincinnati, 7:10 p.m.
Milwaukee at Atlanta, 7:35 p.m.
L.A. Dodgers at St. Louis, 8:15 p.m.
Arizona at San Diego, 10:05 p.m.
N.Y. Mets at San Francisco, 10:15 p.m.

Saturday's games

Philadelphia at Chicago Cubs, 1:05 p.m.
L.A. Dodgers at St. Louis, 4:10 p.m.
Houston at Pittsburgh, 7:05 p.m.
Milwaukee at Atlanta, 7:10 p.m.
Washington at at Florida, 7:10 p.m.
Colorado at at Cincinnati, 7:10 p.m.
Arizona at San Diego, 8:35 p.m.
N.Y. Mets at San Francisco, 9:05 p.m.

Sunday's games

Washington at Florida, 1:10 p.m.
Colorado at Cincinnati, 1:10 p.m.
Milwaukee at Atlanta, 1:35 p.m.
Houston at Pittsburgh, 1:35 p.m.
L.A. Dodgers at St. Louis, 2:15 p.m.
N.Y. Mets at San Francisco, 4:05 p.m.
Arizona at San Diego, 4:05 p.m.
Philadelphia at Chicago Cubs, 6:05 p.m.

TRANSACTIONS

American League

BALTIMORE ORIOLES-Placed C Matt Wieters on the 15-day DL, retroactive to July 10.
SEATTLE MARINERS-Signed RHP Jamey Wright. Selected the contract of LHP Chris Seddon from Tacoma (PCL). Optioned RHP Sean White to Tacoma. Announced RHP Chad Cordero declined his option to Tacoma and is a free agent.
TEXAS RANGERS-Signed OF Josh Richmond and assigned him to Spokane (NWL).

National League

ATLANTA BRAVES-Activated OF Jason Heyward from the 15-day DL. Optioned SS Brandon Hicks to Gwinnett (IL). Placed LHP Eric O'Flaherty on the 15-day DL, retroactive to July 10. Reclaed LHP Mike Dunn from Gwinnett.
CINCINNATI REDS-Signed RHP Russ Springer to a minor league contract.
LOS ANGELES DODGERS-Activated OF Manny Ramirez from the 15-day DL. Placed OF Reed Johnson on the 15-day DL.
PITTSBUGH PIRATES-Signed OF Mel Rojas Jr.
ST. LOUIS CARDINALS-Agreed to terms with general manager John Mozeliak on a three-year contract extension through 2013. Placed OF Nick Stavinoha on the 15-day DL, retroactive to July 12. Recalled OF Allen Craig from Memphis (PCL).

NHL

BOSTON BRUINS-Signed F Gregory Campbell and D Adam McQuaid to two-year contracts and D Andrew Bodnarchuk and F Jeff LoVecchio to one-year contracts.
COLUMBUS BLUE JACKETS-Re-signed F Tom Sestito to a one-year contract.
DETROIT RED WINGS-Re-signed D Derek Meech to a one-year contract.
EDMONTON OILERS-Named Kelly Buchberger and Steve Smith assistant coaches and Todd Nelson coach of Oklahoma City (AHL).
MINNESOTA WILD-Signed C Mikko Koivu to a seven-year contract extension through the 2017-18 season. Re-signed G Anton Khudobin to a one-year contract.
MONTREAL CANADIENS-Signed F Alexander Avtsin to a three-year contract and F David Desharnais to a one-year contract.
NEW YORK RANGERS-Agreed to terms with D Mike Sauer.
SAN JOSE SHARKS-Signed F T.J. Trevelyan and D Sean Sullivan to one-year contracts.
ST. LOUIS BLUES-Re-signed D Tyson Strachan to a one-year contract.
TAMPA BAY LIGHTNING-Re-signed C Blair Jones to a one-year contract.
WASHINGTON CAPITALS-Signed C Jay Beagle to a two-year contract and RW Andrew Gordon, C Andrew Joudrey, D Patrick McNeill and D Zach Miskovic to one-year contracts.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
TORONTO	3	2	1	0	79	88	4
MONTREAL	2	1	1	0	84	77	2
WINNIPEG	2	1	1	0	83	65	2
HAMILTON	2	0	2	0	51	72	0

WEST DIVISION

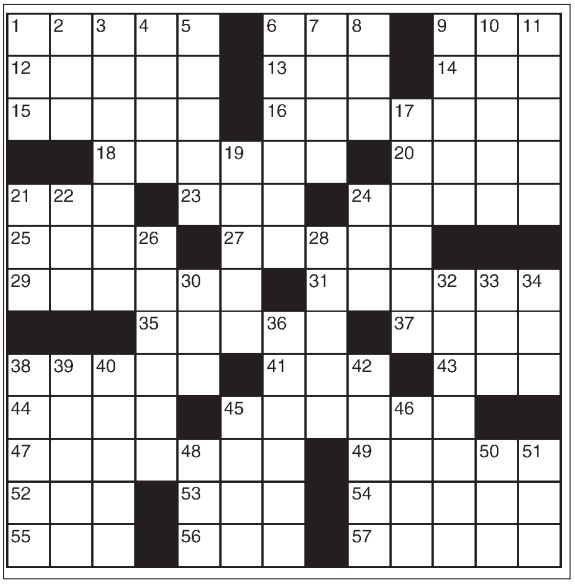
	GP	W	L	T	PF	PA	Pt
SASK.	2	2	0	0	91	69	4
CALGARY	3	2	1	0	77	65	4
B.C.	2	1	1	0	43	47	2
EDMONTON	2	0	2	0	33	58	0

Friday's games

Winnipeg at Hamilton, 7 p.m.
Montreal at B.C., 10 p.m.

FOSTER'S Australian for Beer.
750ML CAN
WHY NOT PICK-UP A HANDFUL TODAY FROM The Beer Store

Crossword



Across
1 Data
6 Agent
9 Blond shade
12 Chicago airport
13 Debtor's letters
14 Harper Valley org.
15 Range
16 Club people
18 "Scram!"
20 Persia, now
21 Post- opposite
23 La-la lead-in
24 "Aida" setting
25 Willa Cather's "One of —"
27 Creek
29 Don Rickles specialty
31 Representative
35 Tribute in song
37 Continental coin
38 Victim of Cortés
41 Spell-down
43 Kitten's remark
44 Equitable
45 Bodyguard of Daddy Warbucks
47 Planks
49 Discharge
52 Earlier than
53 Ball-bearing item
54 Rare objet d'art
55 Roulette bet
56 Cal. page
57 Irritable

Down
1 Visibility hindrance
2 "Eureka!"
3 Slight convexities
4 Verifiable
5 Attack
6 Monkey, e.g.
7 Versifier
8 "Tasty!"
9 Mimic's specialty
10 Backpack part
11 Lacks
17 Bunion site
19 Hackneyed
21 Luau bowlful
22 Streak
24 Common Mkt.
26 Grand
28 Sheets and pillowcases
30 Fond du —, Wisc.
32 Leviticus follower
33 Rage
34 Intimidate
36 Exploitative type
38 Pursuing
39 Congo, once
40 Against the clock
42 Oust
45 Get ready
46 Chills and fever
48 Schedule abbr.
50 Perch
51 Plaything

▶ Yesterday's answer

Sudoku

7			1		2			
8	2						1	6
	6			7		2		
	7		4	8				3
		1				9		
3				5	7		4	
		8		3			2	
4	5						7	9
			8		4			5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	9	6	8	7	5	2	3	1
7	2	5	3	6	1	9	8	4
1	3	8	9	4	2	5	6	7
3	1	4	2	9	6	8	7	5
2	8	9	5	3	7	1	4	6
6	5	7	4	1	8	3	2	9
8	7	2	1	5	4	6	9	3
9	4	1	6	8	3	7	5	2
5	6	3	7	2	9	4	1	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

I never imagined I would be so blessed to have someone as beautiful as you in my life. You are my whole world and I thank you for making me the happiest person alive. My life is complete because of you. I adore you. **LOVE, WOADS**

Hello beautiful, I hope you had great day. I can't wait to see you tonight Michelle. I love you. **MATT**

Mom, Thank you for being my rock. Your someone I can always rely on. I love you very much. **ALYSIA P**

Lauren, Thanks for being such a good friend to me this past week. **LEENZ**

I've loved you since the day we met. 7 years and still. I hope our trip together will be a big step towards our happiness. **LOVE, M.**

The Weather Network ©The Weather Network 2010
Today Variable 27°/ 22°
Saturday Partly cloudy 28° / 19°
Sunday 40% Showers 26° / 20°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You tend to get what you want in the end but if you are too ruthless you could turn people against you. That may not worry you now but what about later when you need others' assistance?

♉ Taurus April 23-May 21 You are strongly advised to examine the details of what you are working on very closely indeed today. Your mind seems to be wandering a bit of late and if you overlook something important it will be costly.

♊ Gemini May 22-June 21 You seem to be looking in every direction but the one you want to go. Why is that? Most likely it's because you fear what you might see.

♋ Cancer June 22-July 22 Both at home and at work it is of the utmost importance that you are pleasant to partners and colleagues today. Why? Because you are going to need their support.

♌ Leo July 23-Aug.23 Strength of mind is one of your great positives and you will need to be strong today. You know you won't change anything by ranting and raving, so just do what has to be done. .

♍ Virgo Aug. 24- Sept. 22 You are under a lot of pressure at the moment but Mars in your sign gives you the power to deal with any challenge that comes your way. But don't forget your Virgo common sense — you'll need plenty of that.

♎ Libra Sept. 23-Oct. 23 You may be tempted to ignore an inconvenient truth but deep down you know the matter will have to be faced sooner or later, and the longer you leave it the harder it will be.

♏ Scorpio Oct. 24-Nov. 22 You have cluttered up your life with too many possessions and too many people you really don't need. You cannot afford to be sentimental.

♐ Sagittarius Nov. 23-Dec. 21 It might be wise to agree with someone in a position of power so you stay in their good books, but it's not really you is it? It would be more honest, and more fun, to point out why their reasoning is faulty. It's your choice.

♑ Capricorn Dec. 22-Jan. 20 What happens over the next few days will provide you with the means to make a name for yourself, even if your efforts have fallen short in the past.

♒ Aquarius Jan. 21-Feb. 18 You must do the right thing today, even if it means you lose out financially. You have a moral obligation to help a friend or colleague who depends on you.

♓ Pisces Feb. 19-March 20 Be realistic about what you can hope to achieve, but not so realistic that you have to give up on your dream. Your creativity is governed by one simple rule: If you can think it you can do it, though it may take some time. SALLY BROMPTON

Caption contest

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

CHRIS PIZZELLO/THE ASSOCIATED PRESS

"I LOVE THIS PAPER"
"This app is a great way to read Metro when on the go" – *Real user review*
The free Metro Canada application is available on the *App Store*.
Don't have an iPhone or iPod touch? Visit m.metronews.ca for news on the move.
Available on the App Store
metronews.ca

HAKIM OPTICAL
Our Glasses... Love Your Style.
FREE LENSES OR FREE 2nd PAIR
With purchase of any frame in the store. Single vision, Bifocal or Invisible Bifocal.
PLUS! Upgrade to Polarized Rx Sunglasses for only $75!
See store for details.
Over 150 Discount Outlets... 110 One Hour In-Store Labs
For nearest location call: 1-877-524-2020 • www.hakimoptical.ca

FLIGHT CENTRE Unbeatable
California Air + Car
$649
+ taxes & fees $129
INCLUDES air to Los Angeles, return from San Francisco and 7-day car rental with unlimited mileage. Travel Sep 14 - 21/ggv/dl.
1 866 720 4853 | flightcentre.ca
Conditions apply. Ex: Ottawa. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and/or HST and fuel supplements and are approximate and subject to change. ggv=gego, dl=delta. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
TICO

FOR A LIMITED TIME AT UFW

You'll find incredible
50% OFF BONUS OFFERS+
throughout the store!

PLUS
DO NOT PAY FOR
15 MONTHS*
on everything in the store!

50% OFF SOFA EVENT△
ALL SOFAS ARE 50% OFF
Our ticket price when you purchase EITHER the matching loveseat or chair at our full ticket price.
ALL FABRIC SOFAS, ALL LEATHER SOFAS, ALL RECLINING SOFAS

50% OFF CHAIR EVENT△
ALL RECLINING, ACCENT & MASSAGE CHAIRS, PLUS ALL OFFICE CHAIRS & BARSTOOLS ARE 50% OFF
Our ticket price when you purchase any other chair at equal or greater value.

50% OFF BED EVENT△
ALL BEDS ARE 50% OFF
Our ticket price when you purchase the matching dresser, mirror and night table at our full ticket price.

50% OFF COCKTAIL TABLES△
ALL COCKTAIL TABLES ARE 50% OFF
Our ticket price when you purchase 2 matching tables at our full ticket price.

3-Pc. Only
$699.97 MARLEYSLC
3-Pc. Brown Fabric Sofa Package
PLUS DO NOT PAY FOR 15 MONTHS
Sofa $399.97
Loveseat $389.97
Chair $299.97
MARLEY-S/L/C

Springwall Sport Queen Sleep Set
SPORTQUPK
Only **$399.97**
PLUS DO NOT PAY FOR 15 MONTHS

Springwall

Springwall Breeze Queen Sleep Set
BREEZEQPK
Only **$699.97**
PLUS DO NOT PAY FOR 15 MONTHS
Limited Quantities

Two-Tone Sectional
Includes the matching ottoman.
INDIRASEC
Area Rug $229.97 SHAG596
Only **$799.97**
PLUS DO NOT PAY FOR 15 MONTHS

5-Pc. Callie Casual Dining
CALLIEPK5
Only **$199.95**
PLUS DO NOT PAY FOR 15 MONTHS

6-Pc. Laura Queen Bedroom 821QPK6
Includes the headboard, footboard, rails, dresser, mirror and nightstand.
Only **$899.97**
PLUS DO NOT PAY FOR 15 MONTHS

Stressless Wood Chair & Ottoman
ERAOTTO
Only **$49.97**
Also available in red.

Cocktail Table
9213-CT/ET/ST
Only **$69.97**
End Table $59.97 Sofa Table $79.97

2-Pc. Wall Unit
538PK2
Only **$399.97**

HOT BUY!
Curio Cabinet
W21PK
Only **$199.95**

5-Pc. Lorelei Casual Dining
Includes the table and 4 chairs. 586PK5
Only **$799.95**
Server and bench also available.

UNITED FURNITURE WAREHOUSE®
www.ufw.com

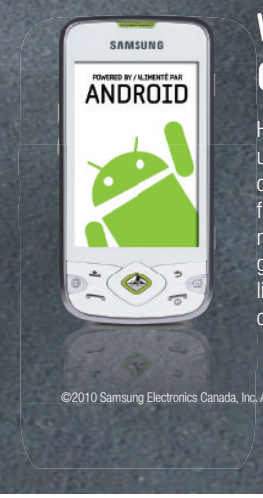
Ottawa Mon.-Fri.9-9 Sat. 9-6 Sun.11-6

1901 Cyrville R.
613-746-5500

350 West Hunt Club R.
613-224-4544

* O.A.C. All credit offers available upon approval of credit only on your United Furniture Card , minimum purchase of $250. Any delivery charges, GST (5%), PST or HST taxes (if applicable), and administration fee ($99.95) are required to be paid at time of purchase. Balance due October 2011. Interest may accrue for the final 25 days prior to the promotion's payment due date at an annual rate of 29.9%, but will be waived if the payment of the balance is made in full by the due date. See in store or refer to your United Furniture Card Account Holder Agreement for full details. ‡Product may vary by location and may not be exactly as illustrated. We reserve the right to limit quantities by store and per purchase. +This offer cannot be combined with any other discount or bonus gift purchase, sale, or other promotion, unless otherwise specified. △Excludes discounted, clearance, promoted offers and advertised specials. See in store for complete details. Valid July 16 - 30, 2010, unless otherwise indicated.

Exclusively at ROGERS™



Way faster. Way easier. Way more fun. Galaxy Spica now runs on Android™ 2.1.

Heard about Android? It's mobile phone software from Google™ that's fast and easy to use - with access to fun, practical apps. (Now you know who that cute, green cartoon character is.) Heard about the Samsung Galaxy Spica? It's the latest touch smartphone from Samsung that uses the Android platform, and it now runs on Android 2.1. With a new app launcher, live wallpapers, voice typing, new Google widgets and a 3D photo gallery, the Galaxy Spica is a thrill a minute. With a zippier user experience and features like a 3.2 MP camera, global roaming, web browsing, and DivX and Xvid capabilities you can bring the fun with you wherever you go. To learn more, visit **samsung.com/spicaupgrade**.

SAMSUNG

TURN ON TOMORROW

©2010 Samsung Electronics Canada, Inc. All Rights Reserved. Samsung is a registered trademark of Samsung Electronics Co., Ltd. Google, Android are registered trademarks of Google, Inc.